MAINE-NILES ASSOCIATION OF SPECIAL RECREATION
An Extension of Des Plaines Park District ~ Golf-Maine Park District ~ Morton Grove Park District ~ Niles Park District ~ Park Ridge Park District ~ Skokie Park District ~ Village of Lincolnwood Parks & Recreation

SUMMER ~ 2018
The following schedule is for regular weekly programming only. Special Events for each group are listed at the end of each section in the brochure: Youth/Teen - pages 9-10; PI/VI Adults - pages 21-23; AWID - pages 29-31.

<table>
<thead>
<tr>
<th>Program</th>
<th>Group</th>
<th>Day</th>
<th>Time</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adapted Boccia-Competitive</td>
<td>PI/VI Adults</td>
<td>Tuesday</td>
<td>4:00 p.m. - 5:30 p.m.</td>
<td>19</td>
</tr>
<tr>
<td>Adapted Boccia-Recreational</td>
<td>PI/VI Adults/Youth/Teens</td>
<td>Wednesday</td>
<td>4:00 p.m. - 5:30 p.m.</td>
<td>19</td>
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<tr>
<td>All Star Bowling League</td>
<td>AWID</td>
<td>Saturday</td>
<td>10:00 a.m. - 11:15 a.m.</td>
<td>28</td>
</tr>
<tr>
<td>Aqua Dynamics</td>
<td>PI/VI Adults</td>
<td>Thursday</td>
<td>1:00 p.m. - 2:00 p.m.</td>
<td>20</td>
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<tr>
<td>Artist Studio</td>
<td>AWID</td>
<td>Tuesday</td>
<td>6:00 p.m. - 7:00 p.m.</td>
<td>25</td>
</tr>
<tr>
<td>Bowling Bonanza - League I</td>
<td>AWID</td>
<td>Saturday</td>
<td>12:15 p.m. - 1:30 p.m.</td>
<td>28</td>
</tr>
<tr>
<td>Bowling Bonanza - League II</td>
<td>AWID</td>
<td>Saturday</td>
<td>1:45 p.m. - 3:00 p.m.</td>
<td>28</td>
</tr>
<tr>
<td>Bowling Bonanza - League III</td>
<td>AWID</td>
<td>Saturday</td>
<td>3:15 p.m. - 4:30 p.m.</td>
<td>28</td>
</tr>
<tr>
<td>Buddy Baseball Buddies</td>
<td>ALL</td>
<td>Wednesday</td>
<td>5:15 p.m. - 6:30 p.m.</td>
<td>6</td>
</tr>
<tr>
<td>Buddy Baseball Players</td>
<td>Youth/Teens</td>
<td>Wednesday</td>
<td>5:30 p.m. - 6:30 p.m.</td>
<td>6</td>
</tr>
<tr>
<td>Community Crawlers</td>
<td>AWID</td>
<td>Friday</td>
<td>6:30 p.m. - 8:30 p.m.</td>
<td>27</td>
</tr>
<tr>
<td>Couch to 5K</td>
<td>AWID</td>
<td>Thursday</td>
<td>6:00 p.m. - 7:00 p.m.</td>
<td>26</td>
</tr>
<tr>
<td>Creative Corner</td>
<td>PI/VI Adults</td>
<td>Tuesday</td>
<td>1:30 p.m. - 3:00 p.m.</td>
<td>18</td>
</tr>
<tr>
<td>Deaf Club</td>
<td>Deaf/HoH Adults</td>
<td>Friday</td>
<td>6:30 p.m. - 8:30 p.m.</td>
<td>21/28</td>
</tr>
<tr>
<td>Difference Makers</td>
<td>PI/VI Adults</td>
<td>Tuesday</td>
<td>1:30 p.m. - 3:00 p.m.</td>
<td>18</td>
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<tr>
<td>Fitness Fanatics</td>
<td>Teens</td>
<td>Saturday</td>
<td>2:15 p.m. - 3:30 p.m.</td>
<td>8</td>
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<tr>
<td>Healthy Hearts</td>
<td>AWID</td>
<td>Monday</td>
<td>6:00 p.m. - 7:00 p.m.</td>
<td>24</td>
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<tr>
<td>Incredibowl Strikes</td>
<td>PI/VI Adults</td>
<td>Friday</td>
<td>11:30 a.m. - 12:30 p.m.</td>
<td>20</td>
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<tr>
<td>Junior Chefs</td>
<td>Youth</td>
<td>Saturday</td>
<td>1:30 p.m. - 2:30 p.m.</td>
<td>7</td>
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<tr>
<td>Kitchen Connection</td>
<td>AWID</td>
<td>Wednesday</td>
<td>5:45 p.m. - 7:30 p.m.</td>
<td>26</td>
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<tr>
<td>Lean Machine</td>
<td>PI/VI Adults</td>
<td>Monday</td>
<td>1:00 p.m. - 2:00 p.m.</td>
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<tr>
<td>Low Impact Aerobics-Wednesday</td>
<td>PI/VI Adults</td>
<td>Wednesday</td>
<td>10:30 a.m. - 11:30 a.m.</td>
<td>18</td>
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<tr>
<td>Lunch Bunch</td>
<td>Teens</td>
<td>Saturday</td>
<td>12:30 p.m. - 1:45 p.m.</td>
<td>8</td>
</tr>
<tr>
<td>M-NAStaRs Theatre</td>
<td>All</td>
<td>Thursday</td>
<td>5:30 p.m. - 7:30 p.m.</td>
<td>8/20/27</td>
</tr>
<tr>
<td>Miniature Golf Tour</td>
<td>AWID</td>
<td>Thursday</td>
<td>6:30 p.m. - 7:30 p.m.</td>
<td>27</td>
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<tr>
<td>Music Mondays</td>
<td>AWID</td>
<td>Monday</td>
<td>5:30 p.m. - 6:30 p.m.</td>
<td>24</td>
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<tr>
<td>Out &amp; About</td>
<td>PI/VI Adults</td>
<td>Wednesday</td>
<td>6:30 p.m. - 8:30 p.m.</td>
<td>19</td>
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<tr>
<td>Out on the Town</td>
<td>PI/VI Adults</td>
<td>Wednesday</td>
<td>6:30 p.m. - 8:30 p.m.</td>
<td>19</td>
</tr>
<tr>
<td>Parents’ Night Out</td>
<td>EC/Youth/Teens</td>
<td>Friday</td>
<td>5:00 p.m. - 10:00 p.m.</td>
<td>7</td>
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<tr>
<td>River Rand Bowl</td>
<td>AWID</td>
<td>Saturday</td>
<td>11:30 a.m. - 12:45 p.m.</td>
<td>28</td>
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<tr>
<td>Saturday Splashers</td>
<td>Youth</td>
<td>Saturday</td>
<td>3:00 p.m. - 4:00 p.m.</td>
<td>7</td>
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<tr>
<td>Skokie Scouters</td>
<td>AWID</td>
<td>Friday</td>
<td>6:30 p.m. - 8:30 p.m.</td>
<td>27</td>
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<tr>
<td>Splashtastic</td>
<td>AWID</td>
<td>Wednesday</td>
<td>6:00 p.m. - 7:00 p.m.</td>
<td>25</td>
</tr>
<tr>
<td>Splishin’ &amp; Splashin’</td>
<td>EC/Youth/Teen</td>
<td>Tuesday</td>
<td>5:00 p.m. - 6:00 p.m.</td>
<td>6</td>
</tr>
<tr>
<td>Strikes &amp; Spares</td>
<td>Youth</td>
<td>Saturday</td>
<td>12:00 p.m. - 1:00 p.m.</td>
<td>7</td>
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<tr>
<td>Sunday Swim Squad</td>
<td>Teens</td>
<td>Sunday</td>
<td>3:15 p.m. - 4:15 p.m.</td>
<td>9</td>
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<tr>
<td>Supper Club-Small Bites, Large Appetites</td>
<td>AWID</td>
<td>Wednesday</td>
<td>6:00 p.m. - 7:15 p.m.</td>
<td>25</td>
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<tr>
<td>Tee Time Golf</td>
<td>AWID</td>
<td>Monday</td>
<td>6:00 p.m. - 7:00 p.m.</td>
<td>24</td>
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<tr>
<td>Teen Bowl</td>
<td>Teens</td>
<td>Saturday</td>
<td>11:00 a.m. - 12:00 p.m.</td>
<td>8</td>
</tr>
<tr>
<td>Teen Bowl Sunday</td>
<td>Teens</td>
<td>Saturday</td>
<td>1:30 p.m. - 2:30 p.m.</td>
<td>9</td>
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<tr>
<td>Town Travelers</td>
<td>AWID</td>
<td>Friday</td>
<td>6:30 p.m. - 8:30 p.m.</td>
<td>27</td>
</tr>
<tr>
<td>Wednesday Night Bowl</td>
<td>AWID</td>
<td>Wednesday</td>
<td>5:30 p.m. - 6:45 p.m.</td>
<td>25</td>
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<tr>
<td>Wildcat Volleyball</td>
<td>AWID</td>
<td>Tuesday</td>
<td>6:30 p.m. - 8:00 p.m.</td>
<td>25</td>
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<tr>
<td>Winners’ Circle</td>
<td>PI/VI Adults</td>
<td>Friday</td>
<td>5:30 p.m. - 7:00 p.m.</td>
<td>20</td>
</tr>
<tr>
<td>Zumba™</td>
<td>AWID</td>
<td>Thursday</td>
<td>7:15 p.m. - 8:15 p.m.</td>
<td>26</td>
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</tbody>
</table>
Rain, rain, stay away! After the stormy end to 2017’s end-of-the-summer celebration, we’re bringing the Mardi Gras party back for round deux (two)!

M-NASR participants, families, and friends are all invited to join us at Harrer Park for an evening of tasty food, jazzy music, games, crafts, and lots of dancing. Grab your beads, and put on a mask...M-NASR Mardi Gras is coming back fast! Note: There is no transportation for this program. Advise M-NASR in advance of any dietary restrictions. Special diets will be accommodated.

Registrations received by all active M-NASR participants by May 16 will be guaranteed a free t-shirt. Please indicate your size on the registration form. All registrations must be received by 5:00 p.m. on July 19. No registrations will be accepted after this date.

Code#: 3-520-01
Contact: Alexandra Walch
Location: Harrer Park
Group: Morton Grove

Ages: ALL
Min/Max: 50/400
Time: 5:00 - 7:30 p.m.
Date: Thursday, August 9

Please join us at Harrer Park for an evening of dinner, dancing, and celebration. This annual event gives M-NASR an opportunity to recognize the achievements of our outstanding participants, staff, partners, community members, and friends who have truly made a difference. It’s also a chance to acknowledge and appreciate M-NASR’s families.

The Liponi Foundation’s 27th Annual Dinner Dance & Auction was a wonderful evening raising money for a great cause! Three hundred attendees participated in the event which raised over $44,000. The Liponi Foundation Trustees would like to thank everyone who contributed to the event through sponsorships, auction items, monetary donations, and those who attended.

Please refer to page 23 for a complete listing of Sponsors & Donors.

The Liponi Foundation for Special Recreation provides support to the Maine-Niles Association of Special Recreation in its efforts to provide recreational and leisure programs for individuals with disabilities.
M-NASR Recreation Staff

Kelly Brunning, Senior Operations Manager .................. ext. 3017  
kbrunning@mnasr.org
Kat Hamilton, CTRS, Support Staff Manager .................. ext. 3026  
khamilton@mnasr.org
Beth Kimura, MT-BC, Inclusion Manager .................. ext. 3020  
ekimura@mnasr.org
Lauren Ruiz, CTRS, Program Manager .................. ext. 3013  
lruiz@mnasr.org
Meghan Fergusson, CTRS, Recreation Specialist (Youth/Teen) .... ext. 3023  
mfergusson@mnasr.org
Sarah Groeper, Recreation Specialist, CTRS, (AWID) .... ext. 3025  
sgroeper@mnasr.org
Alexandra Walch, CTRS, Recreation Specialist (PI/VI) .... ext. 3014  
avalch@mnasr.org

M-NASR Administrative Staff

Suzanne Bear, Executive Director .................. ext. 3012  
sbear@mnasr.org
Jennifer Gebeck, CTRS, Superintendent of Rec. .... ext. 3021  
jgebeck@mnasr.org
Tom Byczek, Business Manager .................. ext. 3022  
tbyczek@mnasr.org
Stella LiPomi, Liponi Liaison .................. ext. 3015  
slipomi@mnasr.org
Mary Ann Minelli, Front Office Assistant .......... ext. 3010  
mmnelli@mnasr.org
Barbara Saunders, Public Info. Manager .......... ext. 3011  
bsaunders@mnasr.org
Stephen Cozzi, Registrar .................. ext. 3016  
scozzi@mnasr.org
Peggy Wilson, Development Officer ............. ext. 3019  
pwilson@mnasr.org

SUMMER PROGRAM SCHEDULE

Program Session:  
**June 11 - August 5, 2018**

Camp Session:  
**June 11 - August 3, 2018**

Registration Deadline:  
**May 16, 2018**

If program registration is not received by the registration deadline, **May 16, 2018**, transportation will be possible only if staff and vans are available. Late registrations will result in transportation being provided no earlier than the second week of the program or not at all. Registrations received after the registration deadline will only be accepted if there is space and appropriate staff.

Registration is only complete when:
1. registration form is properly filled out and signed.
2. a minimum of 15% payment is included.
3. registration is received by deadline date.
4. up-to-date participant information form is properly filled out and signed.

No registrations will be processed until all balances from previous seasons are paid in full.

Staff are not allowed to accept any program registrations or payments outside of our administrative office.

M-NASR is an extension of the following park districts:
- Des Plaines Park District
- Golf-Maine Park District
- Morton Grove Park District
- Niles Park District
- Park Ridge Park District
- Skokie Park District
- Village of Lincolnwood
- Parks & Recreation

2018 Board of Directors Meeting Dates (10:00 a.m.):
- Tuesday, February 27
- Tuesday, May 1
- Tuesday, June 26
- Tuesday, August 28
- Tuesday, October 23
- Tuesday, December 18

M-NASR’s Board of Directors

[Details about the board members and their affiliations]

REGISTRATION BEGINS UPON RECEIPT OF THIS BROCHURE.

M-NASR Administrative Staff

[Contact information for administrative staff members]

M-NASR’s Board of Directors

Jeff Wait, President .................. Morton Grove Park District
Laura McCarty, Vice President .......... Village of Lincolnwood
Park District & Recreation
Tom Elenz, Treasurer .................. Niles Park District
Donald J. Miletic .................. Des Plaines Park District
John Jekot .................. Golf-Maine Park District
Gayle Mountcastle .................. Park Ridge Park District
John Ohrlund .................. Skokie Park District

Administrative Office

6820 W. Dempster Street
Morton Grove, IL 60053-2631
Voice: (847) 966-5522
Fax: (847) 966-8340
Relay System: (800) 526-0844
www.mnasr.org

Office Hours

Monday through Friday
9:00 a.m. to 5:00 p.m.
Office will be closed:

May 28, 2018
July 4, 2018
September 3, 2018

Emergency On Call # (224) 217-0618

Check out all of the fun details beginning on page 11.
The Americans with Disabilities Act - ADA
Please keep this information in mind when registering: Services, programs and activities of the Maine-Niles Association of Special Recreation are subject to all applicable laws regarding nondiscrimination, including the Americans with Disabilities Act (ADA).

Programs are provided through the Association by offering classes for individuals with similar impairments. However, classes are open to any individual as long as age and skill requirements are met.

If you, a family member or friend has a disability and are interested in participating or attending member park district programs or activities, each park district will make reasonable accommodations to facilitate that opportunity.

Reasonable Accommodations
Member agencies may offer reasonable accommodations by: providing communication aids and services, removing barriers, selecting available alternative activity sites or taking other appropriate actions. During overnight trips, accommodations may include a shared bed. To assist us in making reasonable accommodations, we urge you to contact M-NASR at (847) 966-5522 to provide for your individual needs.

Translation Services
We employ and/or have a working relationship with individuals that speak Spanish and other languages. Staff is ready to assist with the communication process for any registration, transportation or other concerns. Please understand that the Agency will make every effort to get back to the resident in a timely manner with information translated into one’s native language.

Augmentative Communication Devices
M-NASR staff are interested in learning how to assist participants with communication aids at our recreational programs. We will work with you and your speech pathologist to train our staff on the proper and safe ways to use their devices. Please contact M-NASR at (847) 966-5522 for additional information.

Medical Assistance or Apparatus Needs
Any and all participants are welcome to participate in our programs, but if they have or need any type of medical assistance or apparatus, they (the participant, participant’s family or group home) must provide a trained staff as a volunteer for each program for the entire duration of each program and have a criminal background check completed. M-NASR will pay for any program specific expenses for the volunteer (i.e., admission to a movie, dinner for an out-to-dinner program, ticket to a sporting event, etc.). M-NASR reserves the right to determine if a program is suitable for a participant.

Healthy Minds, Healthy Bodies
M-NASR is proud to support injured Veterans of all eras in our community! In cooperation with Des Plaines Park District, Morton Grove Park District, Skokie Park District, and AllenForce, we are excited to continue “Healthy Minds, Healthy Bodies”! This program for Veterans who reside within a Member District with a disability rating of 10 percent or higher provides countless health and social benefits including fitness club memberships and personal training sessions at no cost, as well as a variety of networking opportunities. Please contact Alexandra Walch at M-NASR at (847) 966-5522 or awalch@mnasr.org to see if you qualify and for more information.

Individuals Who are Deaf or Hard of Hearing
Please use the Illinois Telecommunications Relay System by calling (800) 526-0844. For more information about this service please see: http://www.illinoisrelay711.com/content.htm.

Seasonal Brochure on Audio Tape
We offer audio tapes of the seasonal brochure for individuals with visual impairments. If you are interested in receiving an audio tape of this brochure, please contact the M-NASR office at (847) 966-5522.

The Liponi Foundation
The Liponi Foundation for Special Recreation was formed in 1990 to facilitate participation by children and adults with disabilities in recreation programs. The Foundation was named after the late Sam Liponi, whose family has very generously donated to M-NASR since 1982.

The Liponi Foundation for Special Recreation is a not-for-profit 501(c)(3) tax exempt Foundation. The mission of the Foundation is to provide support to the Maine-Niles Association of Special Recreation in its efforts to provide recreational and leisure programs for people with disabilities. The Foundation also grants support for other needs of the Association when possible.

For additional information on the Liponi Foundation, volunteering, or future events, please contact Peggy Wilson at (847) 966-5522 ext. 3019.
**Splishin’ & Splashin’**

Splish, splash...we’re hanging with our friends at the pool! Dive into summer with our enjoyable recreational swim program. Join us for this super splashin’ time!

**Note:** In the case of inclement weather, the decision to cancel this program will not be made until 4:00 p.m. Age groups may be combined so that we can serve all interested individuals. All children who are not toilet trained must wear a tight-fitting plastic swim diaper. Each child under two years of age must be accompanied in the pool by a parent or guardian. This adult must complete a registration form but no additional fee will be charged. Bring a labeled towel, bathing suit, and sunscreen. All participants must be signed in and out with M-NASR staff. These classes can accommodate a total of ten individuals.

<table>
<thead>
<tr>
<th>Splishin’ - EC</th>
<th>Splishin’ - Youth</th>
<th>Splishin’ - Teens</th>
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<tbody>
<tr>
<td>Code#: 3-110-02.1</td>
<td>Code#: 3-110-02.2</td>
<td>Code#: 3-110-02.3</td>
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<tr>
<td>Contact: Meghan Ferguson</td>
<td>Contact: Meghan Ferguson</td>
<td>Contact: Meghan Ferguson</td>
</tr>
<tr>
<td>Location: Oasis Water Park, Niles</td>
<td>Location: Oasis Water Park, Niles</td>
<td>Location: Oasis Water Park, Niles</td>
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<tr>
<td>Group: EC</td>
<td>Group: Youth</td>
<td>Group: Teen</td>
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<tr>
<td>Min/Max: 5/10</td>
<td>Time: 5:00 - 6:00 p.m.</td>
<td>Min/Max: 5/10</td>
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<td>Day: Tuesday</td>
<td>Day: Tuesday</td>
<td>Time: 5:00 - 6:00 p.m.</td>
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<tr>
<td>Dates: June 12 - July 31</td>
<td>Dates: June 12 - July 31</td>
<td>Dates: June 12 - July 31</td>
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<tr>
<td>Resident: $82.00</td>
<td>Resident: $82.00</td>
<td>Resident: $82.00</td>
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<tr>
<td>Non-Resident: $164.00</td>
<td>Non-Resident: $164.00</td>
<td>Non-Resident: $164.00</td>
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</tbody>
</table>

**Buddy Baseball—Players**

*Take me out to the ballgame... even better if it’s a buddy ball game!* Summer is finally here and another exciting season of Buddy Baseball is about to begin. Each week you will be paired with a peer Buddy in this non-competitive, social atmosphere. Together you'll throw, catch, and bat your way to success! Your self-esteem, teamwork skills, and sportsmanship will be *outta the park* in no time! **Note:** Players are encouraged to provide their own Buddy, but it is not required to participate. Buddies do not have to be the same each week, but they must register separately for the program. **In case of inclement weather, the decision to cancel this program will not be made until 4:00 p.m.** Wear sunscreen, bug spray, and bring a water bottle. No transportation is available for this program.

<table>
<thead>
<tr>
<th>Buddy Baseball—Players</th>
<th>Buddy Baseball—Buddies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Code#: 2-110-14.1</td>
<td>Code#: 2-110-14.2</td>
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<tr>
<td>Contact: Meghan Ferguson</td>
<td>Contact: Meghan Ferguson</td>
</tr>
<tr>
<td>Location: Hinkle Park Field #1, Park Ridge</td>
<td>Location: Hinkle Park Field #1, Park Ridge</td>
</tr>
<tr>
<td>Group: Youth/Teen</td>
<td>Group: Youth/Teen</td>
</tr>
<tr>
<td>Ages: 6-16</td>
<td>Ages: 12 &amp; older</td>
</tr>
<tr>
<td>Min/Max: 8/30</td>
<td>Min/Max: 4/30</td>
</tr>
<tr>
<td>Time: 5:30 - 6:30 p.m.</td>
<td>Time: 5:30 - 6:30 p.m.</td>
</tr>
<tr>
<td>Day: Wednesday</td>
<td>Day: Wednesday</td>
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<tr>
<td>Dates: May 16 - July 25</td>
<td>Dates: May 16 - July 25</td>
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<tr>
<td>Resident: $88.00</td>
<td>Resident: Free! Free!</td>
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<tr>
<td>Non-Resident: $176.00</td>
<td>Non-Resident: $164.00</td>
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</table>

**Please note early starting and ending dates.**
Parents' Night Out  New!  Special Season
Parents, would you like a few Friday nights out by yourselves? M-NASR participants, would you like to spend some quality nights with your friends? Join us for the very first season of Parents' Night Out at M-NASR! Drop off at 5:00 p.m. and pick up your kids any time before 10:00 p.m. We will start each night off by cooking up a yummy dinner for all to enjoy. After our feast, we will play games, participate in arts & crafts, and get active during our dance party. As the night comes to an end, we will watch a movie to wind down. Don’t miss this chance for a great evening for everyone! Note: Age groups may be combined so that we can serve all interested individuals. Advise M-NASR in advance of any dietary restrictions.

<table>
<thead>
<tr>
<th>EC</th>
<th>Youth</th>
<th>Teen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact:  Meghan Ferguson</td>
<td>Contact:  Meghan Ferguson</td>
<td>Contact:  Meghan Ferguson</td>
</tr>
<tr>
<td>Location:  Devonshire Cultural Center, Skokie</td>
<td>Location:  Devonshire Cultural Center, Skokie</td>
<td>Location:  Devonshire Cultural Center, Skokie</td>
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<tr>
<td>Group:  EC</td>
<td>Group:  Youth</td>
<td>Group:  Teen</td>
</tr>
<tr>
<td>Ages:  3-7</td>
<td>Ages:  8-12</td>
<td>Ages:  13-22</td>
</tr>
<tr>
<td>Min/Max:  5/10</td>
<td>Min/Max:  5/10</td>
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<td>Time:  5:00 - 10:00 p.m.</td>
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<td>Time:  5:00 - 10:00 p.m.</td>
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<tr>
<td>Day:  Friday</td>
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<tr>
<td>Dates:  June 29, July 27, &amp; August 10</td>
<td>Dates:  June 29, July 27, &amp; August 10</td>
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</tr>
<tr>
<td>Resident:  $120.00</td>
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<td>Non-Resident:  $240.00</td>
<td>Non-Resident:  $240.00</td>
<td>Non-Resident:  $240.00</td>
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</tbody>
</table>

Strikes & Spares  New!
Roll one … roll two … SPARE! Bowl the day away with our youth Strikes & Spares program. We will be working on our technique while meeting new friends and hanging out with old ones. Beginners and “pros” alike will have a ball! Note: Eat lunch prior to the program. Balls, shoes, and bowling ramps are provided for this program. This program may not be appropriate for individuals who become easily overstimulated or are sensitive to loud sounds. Please meet at Classic Bowl. Transportation will be available from Strikes & Spares to Junior Chefs for those registered for it.

<table>
<thead>
<tr>
<th>Code#:  3-110-08</th>
<th>Code#:  3-110-45</th>
<th>Code#:  3-110-09</th>
</tr>
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<tbody>
<tr>
<td>Contact:  Meghan Ferguson</td>
<td>Contact:  Meghan Ferguson</td>
<td>Contact:  Meghan Ferguson</td>
</tr>
<tr>
<td>Location:  Classic Bowl Morton Grove</td>
<td>Location:  Prairie View Comm. Ctr., Comm. Rm. A Morton Grove</td>
<td>Location:  Centennial Aquatic Center, Park Ridge</td>
</tr>
<tr>
<td>Group:  Youth</td>
<td>Group:  Youth</td>
<td>Group:  Youth</td>
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<tr>
<td>Ages:  6-12</td>
<td>Ages:  6-12</td>
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<td>Min/Max:  5/8</td>
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<tr>
<td>Time:  12:00 - 1:00 p.m.</td>
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<td>Day:  Saturday</td>
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<tr>
<td>Dates:  June 16 - August 4</td>
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<td>Non-Resident:  $250.00</td>
<td>Non-Resident:  $318.00</td>
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</table>

Junior Chefs  New!
This summer, Junior Chefs is going to be the cutting edge cooking class just for you! We’ll learn the basics including reading recipes, measuring, mixing, and chopping, all with an emphasis on healthy living and safety in the kitchen. Through cooking, we’ll demonstrate creativity, practice social skills, and develop independence, not to mention learn brand-new skills you can use at home! Note: Participants will create snack-sized meal portions and should eat lunch prior to the program. Advise M-NASR in advance of any dietary restrictions. Transportation will be available from this program to Saturday Splashers for those registered for it.

<table>
<thead>
<tr>
<th>Code#:  3-110-45</th>
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<tbody>
<tr>
<td>Contact:  Meghan Ferguson</td>
<td>Contact:  Meghan Ferguson</td>
</tr>
<tr>
<td>Location:  Prairie View Comm. Ctr., Comm. Rm. A Morton Grove</td>
<td>Location:  Centennial Aquatic Center, Park Ridge</td>
</tr>
<tr>
<td>Group:  Youth</td>
<td>Group:  Youth</td>
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<tr>
<td>Ages:  6-12</td>
<td>Ages:  6-12</td>
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<tr>
<td>Min/Max:  5/8</td>
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<tr>
<td>Time:  1:30 - 2:30 p.m.</td>
<td>Time:  3:00 - 4:00 p.m.</td>
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<td>Day:  Saturday</td>
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<tr>
<td>Dates:  June 16 - August 4</td>
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<tr>
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<tr>
<td>Non-Resident:  $250.00</td>
<td>Non-Resident:  $318.00</td>
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</table>

Saturday Splashers
Grab your fins and let’s swim! M-NASR is happy to host our Saturday Splashers program, which is sure to be a hit for the “fish” in your family. We will kick, float, and play all day while enjoying our time at the pool. Note: Bring a labeled towel and swimsuit. All children who are not toilet-trained must wear a tight-fitting plastic swim diaper. Transportation is offered from this program back to M-NASR’s office for those registered for it. In the case of inclement weather, this program will be held at Centennial Fitness Center indoor pool.

<table>
<thead>
<tr>
<th>Code#:  3-110-09</th>
<th>Code#:  3-110-45</th>
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<tr>
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<tr>
<td>Location:  Centennial Aquatic Center, Park Ridge</td>
<td>Location:  Prairie View Comm. Ctr., Comm. Rm. A Morton Grove</td>
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<tr>
<td>Group:  Youth</td>
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<tr>
<td>Ages:  6-12</td>
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<tr>
<td>Min/Max:  5/8</td>
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<tr>
<td>Time:  3:00 - 4:00 p.m.</td>
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<td>Day:  Saturday</td>
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<tr>
<td>Dates:  June 16 - August 4</td>
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<tr>
<td>Resident:  $159.00</td>
<td>Resident:  $125.00</td>
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<tr>
<td>Non-Resident:  $318.00</td>
<td>Non-Resident:  $250.00</td>
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</table>
**M-NAStaRs Theatre**

Being a part of the theatre is so much more than acting! In M-NAStaRs Theatre, we work on acting, singing, and performance skills. At the same time, we also work on positive peer interaction, communication skills, articulation, and confidence. With amazing productions of *Beauty and the Beast*, *The Music Man*, *The Wizard of Oz*, and more under our belts, what will our next show be? Join the M-NAStaRs’ family to find out! **Note:** M-NASR reserves the right to determine if this program is appropriate for an individual. Appropriate behavior must be demonstrated so as not to detract from other participants’ experience. No transportation is available for this program.

**Code#:** 3-511-08  
**Contact:** Beth Kimura  
**Location:** Oakton Comm. Center, Program Rm. West Skokie  
**Group:** All  
**Ages:** 10 & older  
**Min/Max:** 10/25  
**Time:** 5:30 - 7:30 p.m.  
**Day:** Thursday  
**Dates:** June 7 - July 26  
**Resident:** $95.00  
**Non-Resident:** $190.00

**Teen Bowl**

Roll through your day with some joy at the bowling alley! We are calling all teens to join this fun and interactive bowling group. All abilities are welcomed and encouraged. We want to see your *striking* skills! **Note:** Balls, shoes, and bowling ramps are provided for this program. This program may not be appropriate for individuals who become easily overstimulated or are sensitive to loud sounds. Please meet at Classic Bowl. Transportation will be available from Teen Bowl to Lunch Bunch for those who are registered for it.

**Code#:** 3-110-15.1  
**Contact:** Meghan Ferguson  
**Location:** Classic Bowl Morton Grove  
**Group:** Teen  
**Ages:** 13-22  
**Min/Max:** 5/8  
**Time:** 11:00 a.m. - 12:00 p.m.  
**Day:** Saturday  
**Dates:** June 16 - August 4  
**Resident:** $159.00  
**Non-Resident:** $318.00

**Lunch Bunch**

Hamburgers, hot dogs, and sandwiches galore! Bring your friends and join us in this exciting program to find the best lunch spots around town. We will start the season at Chipotle in Niles and choose the other restaurants together. Not only will we get to eat delicious food, we will also work on independence skills such as money management, engaging with others in the community, and how to make healthy food choices. **Note:** Lunch is included in the program fee. You are welcome to bring extra money for additional snacks. Advise M-NASR in advance of any dietary restrictions. A complete schedule of restaurants will be provided after the first week of the program. Transportation will be available from this program to Fitness Fanatics for those who are registered for it.

**Code#:** 3-110-96  
**Contact:** Meghan Ferguson  
**Location:** Various  
**Group:** Teen  
**Ages:** 13-22  
**Min/Max:** 5/8  
**Time:** 12:30 - 1:45 p.m.  
**Day:** Saturday  
**Dates:** June 16 - August 4  
**Resident:** $200.00  
**Non-Resident:** $400.00

**Fitness Fanatics**

Get up and get active with our Fitness Fanatics program! Fitness has so many benefits for our bodies and minds, such as increased strength, flexibility, endurance, and overall sense of calm. During Fitness Fanatics we will pick a different muscle group each week that we will focus on. We will then do associated exercises using that muscle group so we will have a better idea of how to do a full body work out. Fitness Fanatics will also incorporate different types of relaxation techniques throughout the season such as yoga, tai chi, or meditation which can be good for not only our physical health but our mental health as well. **Note:** Transportation will be available from this program back to the M-NASR office for those who are registered for it.

**Code#:** 3-110-46  
**Contact:** Meghan Ferguson  
**Location:** TBA  
**Group:** Teen  
**Ages:** 13-22  
**Min/Max:** 5/8  
**Time:** 2:15 - 3:30 p.m.  
**Day:** Saturday  
**Dates:** June 16 - August 4  
**Resident:** $139.00  
**Non-Resident:** $278.00
### Chicago Botanic Garden

Summer is full of swing and so is nature! Take time to stop and smell the roses among the thousands of other plant life the Chicago Botanic Garden has to offer. We will walk along the trails enjoying the garden grounds, the Wisconsin-Illinois Lily Society Show and Sale, the Fruit & Vegetable Garden, the Aquatic Garden, the Bonsai collection, and much more. The flowers are always blooming and changing per season, so there is always something new to experience. Sign up today for a great way to round out your summer season of fun. **Note:** Bring a sack lunch or money to purchase lunch, snacks, and souvenirs. Advise M-NASR in advance of any dietary restrictions. Dress appropriately for the weather and please apply sunscreen and bug spray. This program may not be appropriate for individuals who have allergies to outdoor plants.

<table>
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<th>Code#</th>
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<tbody>
<tr>
<td>Contact:</td>
<td>Beth Kimura</td>
<td>Location:</td>
<td>Chicago Botanic Gardens, Glencoe</td>
<td></td>
<td></td>
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<tr>
<td>Group:</td>
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<td>Ages: 10 &amp; older</td>
<td>Resident: $25.00</td>
<td>Non-Resident: $50.00</td>
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### Brunch with your Buddies

What’s better than good food, good company, and a great time? That’s what you will find at Brunch with your Buddies! M-NASR teens are heading to the new Brunch Café in Niles to devour some delicious breakfast or lunch … your choice! After our meal, we will head to Austin Park to play games and enjoy the nice summer weather. **Note:** Please meet at M-NASR at 9:15 a.m. The cost of brunch is included in the program fee. Advise M-NASR in advance of any dietary restrictions. Please wear sunscreen and bug spray.

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<th>Code#</th>
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<tr>
<td>Contact:</td>
<td>Meghan Ferguson</td>
<td>Location:</td>
<td>Brunch Café Niles/Austin Park Morton Grove</td>
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<td>Group:</td>
<td>Teen</td>
<td>Ages: 13-22</td>
<td>Resident: $38.00</td>
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### Kane County Cougars

One … two … three strikes you’re out! Don’t miss your chance to see the next major league star while he is still working hard in the minor leagues. As an affiliate of the Arizona Diamondbacks, the Kane County Cougars have sent over 100 players up to the major leagues in just over 10 years. The Cougars will be taking on the South Bend Cubs during this exciting game, so grab your baseball cap and get ready to watch some baseball! **Note:** Please dress appropriately for the weather. Eat lunch prior to the program. Bring money for snacks and souvenirs and advise M-NASR in advance of any dietary restrictions. This program may not be appropriate for individuals who become easily overstimulated or are sensitive to loud sounds. Please wear sunscreen and bug spray. Bring a photo ID.

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<td>Location:</td>
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<td>Group:</td>
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<td>Min/Max:</td>
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</table>
M-NASR Mad Scientists

M-NASR Mad Scientists are on a mission to see the impossible! Join us to discover objects that glow, marvel at the mystery of energy, and be amazed by invisible blasts of air. This interactive show will leave all of M-NASR’s early childhood participants with fun and educational take-home experiments like slippery slime or super duper bouncy balls. Come be a part of this exciting day!

**Code#:** 3-120-46  
**Contact:** Meghan Ferguson  
**Location:** Prairie View Community Center, Activity Room Morton Grove  
**Group:** EC  
**Ages:** 3-7  
**Min/Max:** 5/8  
**Time:** 1:00 - 2:30 p.m.  
**Date:** Saturday, August 11  

**Resident:** $45.00  
**Non-Resident:** $90.00

Chicago White Sox

Baseball season is back, and it is time to go out to Guaranteed Rate Field to cheer on the Chicago White Sox! Put on your favorite jersey and baseball cap and cheer as loud as you can as we watch the White Sox play against the Kansas City Royals. Win or lose, this day is sure to be a fun time out with all of your friends. **Note:** Eat prior to the program or bring money for lunch and souvenirs. Advise M-NASR in advance of any dietary restrictions. This program may not be appropriate for individuals who become easily overstimulated, are sensitive to loud sounds, may display disruptive behaviors, or have a fear of heights. If you are over the age of 21 and plan to consume adult beverages, "yes" must be checked on the back of your current Participant Information Form, and you must bring a photo ID and money to purchase them. M-NASR reserves the right to determine if this program is appropriate for an individual. Please wear sunscreen and bug spray and dress appropriately for the weather. Centrally-located pick-up points will be used.

**Code#:** 3-520-03  
**Contact:** Beth Kimura  
**Location:** Guaranteed Rate Field, Chicago  
**Group:** ALL  
**Ages:** 12 & older  
**Min/Max:** 10/20  
**Time:** 1:00 - 4:00 p.m.  
**Date:** Sunday, August 19  

**Resident:** $63.00  
**Non-Resident:** $126.00

The Perfect Picnic

The beautiful days of summer are here, so grab your friends and join us for The Perfect Picnic! With fun activities like bags, bocce, strolling along the paved park trail, and a delicious picnic dinner, it is sure to be an evening to remember. Don’t miss this spectacular Sunday activity! **Note:** A light meal will be provided so advise M-NASR in advance of any dietary restrictions. Please wear sunscreen and bug spray and dress appropriately for the weather. This program may not be appropriate for individuals who have outdoor allergies. Centrally-located pick-up points will be used.

**Code#:** 3-520-01  
**Contact:** Alexandra Walch  
**Location:** Harrer Park, Morton Grove  
**Group:** ALL  
**Ages:** ALL  
**Min/Max:** 50/400  
**Time:** 5:00 - 7:30 p.m.  
**Date:** Thursday, August 9  

**Resident:** $45.00  
**Non-Resident:** $90.00

2018 Annual Summer Party

Rain, rain, stay away! After the stormy end to 2017’s end-of-the-summer celebration, we’re bringing the Mardi Gras party back for round **deux** (two)! M-NASR participants, families, and friends are all invited to join us at Harrer Park for an evening of tasty food, jazzy music, games, crafts, and lots of dancing. Grab your beads, and put on a mask...M-NASR Mardi Gras is coming back fast! **Note:** There is no transportation for this program. Advise M-NASR in advance of any dietary restrictions. Special diets will be accommodated. Registrations received by all active M-NASR participants by **May 16** will be guaranteed a free t-shirt. Please indicate your size on the registration form.

All registrations must be received by 5:00 p.m. on July 19. No registrations will be accepted after this date.

**Code#:** 3-120-46  
**Contact:** Meghan Ferguson  
**Location:** Prairie View Community Center, Activity Room Morton Grove  
**Group:** EC  
**Ages:** 3-7  
**Min/Max:** 5/8  
**Time:** 1:00 - 2:30 p.m.  
**Date:** Saturday, August 11

**Resident:** $45.00  
**Non-Resident:** $90.00

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**Code#:** 3-520-03  
**Contact:** Beth Kimura  
**Location:** Guaranteed Rate Field, Chicago  
**Group:** ALL  
**Ages:** 12 & older  
**Min/Max:** 10/20  
**Time:** 1:00 - 4:00 p.m.  
**Date:** Sunday, August 19

**Resident:** $63.00  
**Non-Resident:** $126.00

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**Code#:** 3-520-61  
**Contact:** Beth Kimura  
**Location:** Harrer Park Pavillion, Morton Grove  
**Group:** ALL  
**Ages:** ALL  
**Min/Max:** 10/20  
**Time:** 4:00 - 6:00 p.m.  
**Date:** Sunday, August 12

**Resident:** $25.00  
**Non-Resident:** $50.00

The Perfect Picnic

The beautiful days of summer are here, so grab your friends and join us for The Perfect Picnic! With fun activities like bags, bocce, strolling along the paved park trail, and a delicious picnic dinner, it is sure to be an evening to remember. Don’t miss this spectacular Sunday activity! **Note:** A light meal will be provided so advise M-NASR in advance of any dietary restrictions. Please wear sunscreen and bug spray and dress appropriately for the weather. This program may not be appropriate for individuals who have outdoor allergies. Centrally-located pick-up points will be used.

**Code#:** 3-520-03  
**Contact:** Beth Kimura  
**Location:** Guaranteed Rate Field, Chicago  
**Group:** ALL  
**Ages:** 12 & older  
**Min/Max:** 10/20  
**Time:** 1:00 - 4:00 p.m.  
**Date:** Sunday, August 19

**Resident:** $63.00  
**Non-Resident:** $126.00

The Perfect Picnic

The beautiful days of summer are here, so grab your friends and join us for The Perfect Picnic! With fun activities like bags, bocce, strolling along the paved park trail, and a delicious picnic dinner, it is sure to be an evening to remember. Don’t miss this spectacular Sunday activity! **Note:** A light meal will be provided so advise M-NASR in advance of any dietary restrictions. Please wear sunscreen and bug spray and dress appropriately for the weather. This program may not be appropriate for individuals who have outdoor allergies. Centrally-located pick-up points will be used.

**Code#:** 3-520-61  
**Contact:** Beth Kimura  
**Location:** Harrer Park Pavillion, Morton Grove  
**Group:** ALL  
**Ages:** ALL  
**Min/Max:** 10/20  
**Time:** 4:00 - 6:00 p.m.  
**Date:** Sunday, August 12

**Resident:** $25.00  
**Non-Resident:** $50.00
M
ake this summer your best one yet, and join us at C.A.M.P. (Connecting And Making Progress) M-NASR! Campers' abilities and strengths will shine while participating in activities such as games, sports, arts & crafts, drama, nature, science, and swimming. Therapeutic Recreation provides safe opportunities for your child to increase confidence, independence, self-esteem, social skills, and community integration.

Camp Information

What are the drop-off and pick-up procedures for the camp programs?
Campers who are not taking M-NASR transportation must be dropped off at the classroom door with acknowledgment by staff and signed in by a guardian. It is each family’s responsibility to get participants to and from camp. Campers may not be dropped off prior to the designated start time of camp. Pick-up will be conducted promptly at the designated conclusion of camp. Each camper must be signed into and out of camp every day by a guardian. To eliminate additional staff costs, please pick up participants at the designated time. A late fee will be assessed if pick-up is not on time. A fee of $10.00 will be charged for the first 15 minutes and $1.00 each minute thereafter.

Who should I notify if my child will miss a day of camp?
If your child will be missing a day of camp, please contact the M-NASR office at (847) 966-5522 to leave a message in the general voice mail by pressing 0. This message must be left no later than 7:00 a.m. if your child is taking M-NASR transportation.

Who are camp staff?

Day Camp Director:
Full time staff member responsible for overall day camp programming and operations; works closely with the Recreation Specialist and the Site Directors to develop and coordinate the program.

Recreation Specialist:
Full time staff member responsible for supervising day camp locations; works closely with the Site Directors to develop and coordinate daily activities and special events.

Site Director:
Responsible for the general development of the camp program; supervises and assists Counselors; works directly with campers.

Counselor:
Responsible for implementing daily lesson plans; works directly with campers.

Where can I meet staff and ask questions?
Parents or guardians can schedule an appointment to visit their campsite (or a designated location depending on facility availability) with their children the week before camp begins. Specific appointment time slots will be provided after registrations are received. This is the perfect time for introductions and those last-minute questions.

What should my child wear to camp?
All campers should wear comfortable clothing and closed-toe shoes to camp. We recommend that campers wear clothing that can get dirty during hands-on activities. Campers should wear their 2018 camp shirt for all off-site camp activities. Camp shirts will be given to campers during their first week of camp.

Camp Dates

Registration Begins........................................ Upon receipt of brochure
Registration Deadline........................................ May 16
Financial Aid Application Deadline......................... May 16
Camp Begins......................................................... June 11
No Camp...................................................... July 4 (All Camps)
Last Day of Camp.................................................. August 3

Camp Sessions

<table>
<thead>
<tr>
<th>Session I</th>
<th>June 11 - June 15</th>
<th>Session V</th>
<th>July 9 - July 13</th>
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<tr>
<td>Session II</td>
<td>June 18 - June 22</td>
<td>Session VI</td>
<td>July 16 - July 20</td>
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<td>Session III</td>
<td>June 25 - June 29</td>
<td>Session VII</td>
<td>July 23 - July 27</td>
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<td>Session IV</td>
<td>July 2 - July 6</td>
<td>Session VIII</td>
<td>July 30 - Aug. 3</td>
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</table>

What forms does M-NASR need to dispense medication?
If your child will be taking medication during camp hours, please indicate that on the registration form and medical forms and envelopes will be provided directly to you. All medications must be delivered to the M-NASR office in the appropriate envelope with the completed medical forms. Medications are not allowed to be delivered to camp or sent in a child’s backpack. All medication forms and envelopes for each camp session must be completed and submitted to the M-NASR office by 4:30 p.m. on the Thursday before the start of a session. All campers must have a Participant Information Form (PI Form) on file regardless of medicine usage.

What kind of transportation does M-NASR offer?
For a fee, M-NASR offers door-to-door transportation services for campers who reside within the boundaries of the M-NASR district. Transportation is limited to 24 individuals per session on a first-come, first-served basis. Transportation is provided to and from camp at 9:00 a.m. and 3:00 p.m. only. Transportation home from Sun Setters at 6:00 p.m. is not available. Transportation is available from all M-NASR camps to Sun Setters for a fee (except Teen Connections Camp). Transportation is not provided for non-residents (except if you are registered for Sun Setters). You must have your child registered for camp no later than noon on May 25 in order to receive transportation services for the first week. To register for transportation for following weeks, it must be completed ten (10) business days prior to the start of the session. M-NASR will contact you with your child’s pick-up time no later than the Thursday evening prior to the start of the session. M-NASR transportation policies will apply. These policies are outlined in the M-NASR seasonal brochure on page 36.

If your child is coming to camp from a summer school program, it is the parent’s responsibility to contact the school to make transportation arrangements. Due to safety and consistency purposes, M-NASR will only be able to provide door-to-door transportation for one specific location. We are not able to provide transportation to more than one location.
What are M-NASR’s policies regarding behavior and wellness?

**Code of Conduct Policy**

All participants are expected to exhibit appropriate behavior at all times while participating, spectating or attending any program or activity sponsored by M-NASR. This includes participation in programs which may or may not require an admission fee. For the purpose of the Code of Conduct, the term “program” refers to all recreational events you may attend as a participant, spectator or visitor which are sponsored by M-NASR.

Participants shall:
1. Show respect to all participants and program staff and/or supervisors.
2. Take direction from program staff/supervisors.
3. Refrain from using abusive or foul language.
4. Refrain from causing bodily harm to self, other participants or program staff/supervisors.
5. Show respect to equipment, supplies and facilities.

**Wellness Policy**

In consideration of other participants and the M-NASR staff, to prevent the spread of contagious illnesses, it is requested that participants refrain from attending programs when any of the following conditions exist: fever of 100 degrees or higher (when this occurs, participants must stay home for one whole program day—24 hours from time sent home), vomiting within the last 24 hours, persistent diarrhea in conjunction with other symptoms, contagious rash or rash of unknown origin, persistent cough and/or cold symptoms, “Pink eye” (conjunctivitis) or discharge from eye, symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo or coxsackie virus, runny nose with yellow or green discharge, lice/mites present, or fatigue due to illness that will hinder participation and enjoyment in the program.

**Discipline Policy**

A positive approach is used when disciplining. Program staff will discuss the Code of Conduct with all program participants prior to the start of the program and will periodically review the Code of Conduct. If inappropriate behavior occurs, staff will develop a solution specific to each situation as it arises. M-NASR reserves the right to dismiss participants whose behavior endangers themselves or others.

**Continuing Summer Goals**

C.A.M.P. M-NASR will continue to keep the goals from home and school improving throughout the summer. Please complete a “Camp Goal Sheet” for your camper so they may continue to grow and develop.

**Do I qualify for financial aid?**

Participants who need financial aid may request an application by contacting Peggy Wilson at the M-NASR office at (847) 966-5522. You must mark on the registration form that you are requesting financial assistance. This assistance is evaluated and granted on a first-come, first-served basis. **In order to guarantee that your application will be reviewed, it must be received by May 16.**

**Registration Information**

Please read the following information carefully to help ensure that your child’s registration is properly completed:

M-NASR registration begins upon receipt of this brochure. All registrations will be processed according to the date received (i.e., mail, fax, e-mail or drop-off) at our office. M-NASR registration policies will apply. These policies are outlined in the seasonal M-NASR brochures.

In-district participant registrations (anyone residing within the boundaries of our seven member districts: Des Plaines Park District, Golf-Maine Park District, Lincolnwood Parks and Recreation, Morton Grove Park District, Niles Park District, Park Ridge Recreation and Park District and Skokie Park District) receive priority in processing. For anyone who would like assistance with the registration process, please call the M-NASR office at (847) 966-5522.

Any balance due from a previous season must be paid in full before any registration is accepted for the current season.

1. Please fill out the Summer Camp Registration form completely.
2. Signature is required on two pages of the registration form.
3. Include payment: cash, check, credit card (Visa, MasterCard or Discover). At time of registration, a minimum of **15% of total payment is due**.
4. Please complete and sign the Participant Information Form.
5. If applicable, please mark transportation locations at bottom of the transportation form.

**Credit card information is required on all faxed and e-mailed registrations.**

**S$50 discount for all new campers!**

**$25 discount if you refer a friend to M-NASR camps!**

Please note that financial aid is not available for transportation services.
Play Days

Our summer days will be filled with fun at Play Days camp! This camp is specially designed for 3-7 year olds and will provide opportunities to continue developing early childhood skills. With a Therapeutic Recreation emphasis, we’ll improve social skills, increase confidence, learn new recreation skills, and develop independent thinking skills. Through games, art, music, sports, science, swimming, and much more, your child’s abilities will shine brighter than ever before! Note: Half-day and transportation options are available.

<table>
<thead>
<tr>
<th>Group</th>
<th>Ages</th>
<th>Min/Max</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>9:00 a.m. - 3:00 p.m.</td>
<td>National Park</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>9:00 a.m. - 12:00 p.m.</td>
<td>Morton Grove</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>or 12:00 p.m. - 3:00 p.m.</td>
<td>No camp July 4</td>
</tr>
<tr>
<td></td>
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</tr>
</tbody>
</table>

Discovering Abilities

Discovering abilities is our focus at this camp as we participate in games, art, music, sports, science, swimming, and much more! With a Therapeutic Recreation emphasis, we’ll improve social skills, increase self-awareness, develop new recreation skills, and increase independence. Your child’s abilities will shine brighter than ever before! Note: Half-day and transportation options are available for this camp.

<table>
<thead>
<tr>
<th>Group</th>
<th>Ages</th>
<th>Min/Max</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>9:00 a.m.</td>
<td>Chippewa School</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- 12:00 p.m.</td>
<td>Des Plaines</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12:30 p.m.</td>
<td>Leisure Center</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- 5:30 p.m.</td>
<td>Des Plaines</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>12:00 p.m.</td>
<td>Austin Park</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- 3:00 p.m.</td>
<td>Morton Grove</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>13-22</td>
<td>No camp July 4</td>
</tr>
</tbody>
</table>

Teen Connections

Making connections is a big part of being a teen, and at this camp we’ll assist our teens at connecting with their peers and the community! With field trips focused on fun and trying new recreational activities as well as outings that will emphasize increasing social skills, self-awareness, and independence in the community, your teen’s abilities will shine brighter than ever before! This camp will have a Therapeutic Recreation focus and will also enable growth through games, art, music, sports, science, swimming and much more! Note: No transportation is available for this camp.

<table>
<thead>
<tr>
<th>Group</th>
<th>Ages</th>
<th>Min/Max</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>12:30 p.m. - 5:30 p.m.</td>
<td>Des Plaines</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Leisure Center</td>
</tr>
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<td>Des Plaines</td>
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<td></td>
<td>Morton Grove</td>
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<td></td>
<td></td>
<td></td>
<td>No camp July 4</td>
</tr>
</tbody>
</table>

Sun Setters

Community outings are the name of the game at this after-camp program! With a Therapeutic Recreation focus and three field trips per week, your child will be able to experience our community as they increase their social skills, self-awareness, and independence. From local parks and pools to a variety of new recreation activities, campers will find their favorite places to go and gain confidence and comfort with each new experience! These field trips combined with games, art, music, sports, and science activities on our in-house days will enable your child’s abilities to shine brighter than ever before. Note: Transportation is available to this camp from Play Days and Discovering Abilities camps.

<table>
<thead>
<tr>
<th>Group</th>
<th>Ages</th>
<th>Min/Max</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>3:00 p.m. - 6:00 p.m.</td>
<td>Austin Park</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Morton Grove</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>No camp July 4</td>
</tr>
</tbody>
</table>
# C.A.M.P. M-NASR

## 2018 Payment Information

### Camp Rates

<table>
<thead>
<tr>
<th></th>
<th>Resident</th>
<th>Non-Resident</th>
</tr>
</thead>
<tbody>
<tr>
<td>Half-Day Rates:</td>
<td>$125.00</td>
<td>$250.00</td>
</tr>
<tr>
<td>(Per Session)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Full-Day Rates:</td>
<td>$250.00</td>
<td>$500.00</td>
</tr>
<tr>
<td>(Per Session)</td>
<td></td>
<td></td>
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</tbody>
</table>

Pro-rated fees will be applied to the July 4th holiday Session (Session IV)

- A minimum of 15% of total camp fees are due at time of registration.
- Payment plans are available for all participants. Contact M-NASR for more information.
- Financial aid may be available for in-district participants. Please note financial aid does not apply to transportation fees.

### Transportation Rates

<table>
<thead>
<tr>
<th></th>
<th>Resident</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM Pick-up Before Camp</td>
<td>$110.00</td>
</tr>
<tr>
<td>(Per Session)</td>
<td></td>
</tr>
<tr>
<td>PM Drop-off After Camp</td>
<td>$110.00</td>
</tr>
<tr>
<td>(Per Session)</td>
<td></td>
</tr>
<tr>
<td>Round Trip</td>
<td>$170.00</td>
</tr>
</tbody>
</table>

Pro-rated fees will be applied to the July 4th holiday Session (Session IV)

Transportation is provided for residents only.

For more information about C.A.M.P. M-NASR, please contact the M-NASR office at (847) 966-5522.
Camper’s Name: ________________________________________________________________

**M-NASR Summer Camp Registration Form - 2018**

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Session 2</th>
<th>Session 3</th>
<th>Session 4</th>
<th>Session 5</th>
<th>Session 6</th>
<th>Session 7</th>
<th>Session 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 11-15</td>
<td>June 18-22</td>
<td>June 25-29</td>
<td>July 2-6</td>
<td>July 9-13</td>
<td>July 16-20</td>
<td>July 23-27</td>
<td>July 30-Aug. 3</td>
</tr>
</tbody>
</table>

*All camps off July 4 – Discovering Abilities off July 4, 5, & 6*

### Resident/Non-Res.

<table>
<thead>
<tr>
<th>Play Days AM 3-210-01</th>
<th>Play Days PM 3-210-02</th>
<th>Fridays Only AM 3-210-03</th>
<th>Fridays Only PM 3-210-04</th>
<th>Discovering Abilities AM 3-210-06</th>
<th>Discovering Abilities PM 3-210-07</th>
<th>Fridays Only AM 3-210-16</th>
<th>Fridays Only PM 3-210-17</th>
<th>Quest to Shine 3-210-08</th>
<th>Teen Connection 3-210-09</th>
<th>Sunsetters 3-210-10</th>
<th>Sunsetters Friday 3-210-18</th>
</tr>
</thead>
<tbody>
<tr>
<td>$125 $250</td>
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</tbody>
</table>

I understand that by registering for these programs, I am responsible for all fees remaining after discounts and scholarships are applied:

______________________________

Signature

For financial aid information, contact Peggy Wilson, Development Officer, at (847) 966-5522 ext. 3019 or email: pwilson@mNASR.org.

To set up a payment plan, contact Stephen Cozzi, Registrar, at (847) 966-5522 ext. 3016 or email: scozzi@mNASR.org.

New Camper Discount: __________________________

Total Camp Fees: __________________________

15%:

GRAND TOTAL: __________________________

Minimum amount due with registration: __________________________
# M-NASR Summer Camp Registration Form - 2018

## TRANSPORTATION

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Session 2</th>
<th>Session 3</th>
<th>Session 4</th>
<th>Session 5</th>
<th>Session 6</th>
<th>Session 7</th>
<th>Session 8</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 11-15</td>
<td>June 18-22</td>
<td>June 25-29</td>
<td>July 2-6</td>
<td>July 9-13</td>
<td>July 16-20</td>
<td>July 23-27</td>
<td>July 30-Aug. 3</td>
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</tr>
<tr>
<td>Trans. AM 3-210-11</td>
<td>$110</td>
<td>$110</td>
<td>$110</td>
<td>$88</td>
<td>$110</td>
<td>$110</td>
<td>$110</td>
<td>$110</td>
</tr>
<tr>
<td>Trans. AM Fri. Only 3-210-12</td>
<td>$22</td>
<td>$22</td>
<td>$22</td>
<td>$22</td>
<td>$22</td>
<td>$22</td>
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<tr>
<td>Trans. PM 3-210-13</td>
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<td>$110</td>
<td>$110</td>
<td>$88</td>
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<td>$110</td>
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<tr>
<td>Trans. PM Fri. Only 3-210-14</td>
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<tr>
<td>To Sunsetters 3-210-15</td>
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<td>$48</td>
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<tr>
<td>To Sunsetters Fri. Only 3-210-19</td>
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<td>$12</td>
<td>$12</td>
<td>$12</td>
</tr>
<tr>
<td>Trans. Round Trip 3-210-20</td>
<td>$170</td>
<td>$170</td>
<td>$170</td>
<td>$136</td>
<td>$170</td>
<td>$170</td>
<td>$170</td>
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</tr>
<tr>
<td>Trans. AM/After Camp 3-210-21</td>
<td>$170</td>
<td>$170</td>
<td>$170</td>
<td>$136</td>
<td>$170</td>
<td>$170</td>
<td>$170</td>
<td>$170</td>
</tr>
</tbody>
</table>

Please note in order to register for transportation, this form must be completed at least ten (10) business days prior to the session for which you are registering.

*Trans. AM, Trans. AM Fri. Only, Trans. PM Fri. Only, and Trans. Round Trip are available for M-NASR residents only.*

### Only ONE pick-up point allowed for AM transportation

| Pick-up Point: __________________________________________________________ |
| Phone: _______________________________________________________________ |

Does your child need a bus harness?  
Yes ☐  No ☐

Who should be contacted with pick-up and drop-off information?  
_____________________________________________________________

What is the best way to contact this person?  
_____________________________________________________________

### Only ONE drop-off point allowed for PM transportation

| Drop-Off Point: ______________________________________________________ |
| Phone: _____________________________________________________________ |

Please complete payment information and registration on other side.
**Summer Camp Registration Form - 2018**

You must fill out the front and back of this form in order to be registered. Registration will be completed upon receipt of the camp fee. A minimum of 15% of total camp fees are due at the time of registration. Contact M-NASR to set up a payment plan if necessary. Camp registration will be processed on a first-come, first-serve basis. Please mail to: M-NASR, 6820 W. Dempster Street, Morton Grove, Illinois 60053. Questions? Voice: 847/966-5522, Relay System: 800/526-0844, FAX: 847/966-8340. If you fax your registration, please call M-NASR or e-mail mferguson@mnasr.org to confirm that it has been received.

<table>
<thead>
<tr>
<th>Camper’s Name:</th>
<th>Birthdate:</th>
<th>Sex: M ☐ F ☐</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td>City:</td>
<td>Zip Code:</td>
</tr>
</tbody>
</table>

Additional Emergency Contact: _______________________________ (if applicable)

<table>
<thead>
<tr>
<th>Cell/Phone #:</th>
<th>Parent’s Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Phone #:</td>
<td>Work Phone #:</td>
</tr>
</tbody>
</table>

Child is under custodial care of (circle): Both Parents ☐ Mother Only ☐ Father Only ☐ Other ☐

Does your child have seizures? Yes ☐ No ☐ Date of last seizure? __________

Does your child use a wheelchair? Yes ☐ No ☐ What type of wheelchair? __________

Does your child need 1:1 staff ratio at camp? Yes ☐ No ☐ Please detail: __________

Does your child attend summer school? Yes ☐ No ☐ If so, which school? __________ Dates __________

School phone number and contact person (if known)

**Warning of Risk**

Recreational programs are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational program. Understarily, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, pretexts defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreational programs exist. In this regard, it must be recognized that it is impossible for M-NASR to guarantee absolute safety.

**Waiver and Release of All Claims and Assumption of Risk**

Please read this form carefully and be aware that in signing up and participating in M-NASR programs you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with said programs (including transportation services/vehicle operation, when provided).

Important Information

Maine-Niles Association of Special Recreation (hereinafter collectively referred to as “M-NASR”) is committed to conducting its recreation programs in a safe manner and hold the safety of participants high regard. M-NASR continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants’ safety. However, participants and parents/guardians of minors registering for programs must recognize that there is an inherent risk of injury when choosing to participate in these programs and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims that I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs/activities against M-NASR, including its officials, agents, volunteers and employees.

I hereby fully release and forever discharge M-NASR from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accru to me or my minor child/ward arising out of, connected with, or in any way associated with these programs.

I hereby authorize and give my consent to M-NASR to photograph/video my child (or me) and to obtain outside photographs/video of my child (or me) participating in M-NASR activities/events/program, and without limitation, to use such photographs/video in connection with promoting/advertising the services, programs, and facilities of M-NASR, without consideration of any kind.

In the event of an emergency, I understand and authorize M-NASR officials to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for my immediate care and agree that I will be responsible for payment of any and all medical services rendered.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering via fax, your facsimile signature shall substitute for and have the same legal effect as an original form signature.

**Office Use Only**

1. CK# ___________________________ Date: __________
2. CK# ___________________________ Date: __________

Financial Aid Requested: Yes ☐ No ☐

Required Documents on File: Yes ☐ No ☐

---

As a participant in the M-NASR program, I recognize and acknowledge that there are certain risks of physical injury to participants in these programs and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims that I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs/activities against M-NASR, including its officials, agents, volunteers and employees.

I hereby fully release and forever discharge M-NASR from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward arising out of, connected with, or in any way associated with these programs.

I hereby authorize and give my consent to M-NASR to photograph/video my child (or me) and to obtain outside photographs/video of my child (or me) participating in M-NASR activities/events/program, and without limitation, to use such photographs/video in connection with promoting/advertising the services, programs, and facilities of M-NASR, without consideration of any kind.

In the event of an emergency, I understand and authorize M-NASR officials to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for my immediate care and agree that I will be responsible for payment of any and all medical services rendered.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering via fax, your facsimile signature shall substitute for and have the same legal effect as an original form signature.
Lean Machine  New!
We are excited to present this new fitness program providing you with an opportunity to exercise in a traditional fitness center setting! Skokie’s Fitness First! at Weber Center has a variety of cardio and weight equipment that will help you reach your fitness and health goals. Get a cardio workout on the track, NuStep, recumbent bike, or treadmill. Build muscle with dumbbells, barbells, bands, the TRX system, or weight machines. Our staff will support you in learning how to safely use new equipment, and with so many options you’re sure to find something that you enjoy! You’ll be a lean, mean, fitness machine in no time! Note: Bring a water bottle and wear comfortable fitness attire.

Code#: 3-410-28
Contact: Alexandra Walch
Location: Weber Center, Skokie
Group: PI/VI Adults
Ages: 18 & older
Min/Max: 4/8
Time: 1:00 - 2:00 p.m.
Day: Monday
Dates: June 11 - July 30
Resident: $126.00
Res. W/Trans: $182.00
Non-Resident: $252.00

Difference Makers  Special Season
“Only a life lived for others is a life worthwhile.” —Albert Einstein. M-NASR’s Difference Makers are a perfect example of living for others. Join this amazing group of caring and inspirational individuals as we complete service projects that build up our community! You’ll complete hands-on projects each week and donate them to organizations that you and your peers choose. Don’t miss this chance to create new friendships and be an impactful member of your community. Note: All supplies are included in the program fee.

Code#: 3-410-04
Contact: Alexandra Walch
Location: Oakton Comm. Ctr., Rm. 203, Skokie
Group: PI/VI Adults
Ages: 18 & older
Min/Max: 4/8
Time: 1:30 - 3:00 p.m.
Day: Tuesday
Dates: June 12, 26, July 10, & 24
Resident: $52.00
Res. W/Trans: $80.00
Non-Resident: $104.00

Creative Corner  Special Season
Let the summer sun inspire the creative genius within you at M-NASR’s Creative Corner! Each week, we’ll try out a new medium while making pieces of art influenced by the season. Whether you’re already a skilled artist or you’re trying your hand at art for the first time, you’re sure to discover and grow your talents in this exciting program. Note: All art supplies are included in the program fee. Please bring a smock with you.

Code#: 3-410-21
Contact: Alexandra Walch
Location: Oakton Comm. Ctr., Rm. 203, Skokie
Group: PI/VI Adults
Ages: 18 & older
Min/Max: 4/8
Time: 10:30 - 1:30 a.m.
Day: Tuesday
Dates: June 13 - August 1
No program July 4
Resident: $99.00
Res. W/Trans: $148.00
Non-Resident: $198.00

Wednesday Low Impact
Staying fit not only benefits your physical health but also your mental, social, and emotional well-being. M-NASR’s Low Impact aerobics program will help you work toward your fitness and health goals in a friendly, social, and supportive atmosphere! Each week, you’ll have the opportunity to participate in seated or standing aerobics, low-impact weight exercises, walking, exercise machines, or a combination of all these activities. Your personal needs and goals will shape this program, and our dedicated staff will support you as your abilities shine. Get ready to increase your energy, physical fitness, and self-confidence at Low Impact! Note: Bring a water bottle.

Code#: 3-410-01.2
Contact: Alexandra Walch
Location: Feldman Park Niles
Group: PI/VI Adults
Ages: 18 & older
Min/Max: 4/8
Time: 10:30 - 11:30 a.m.
Day: Wednesday
Dates: June 13 - August 1
No program July 4
Resident: $99.00
Res. W/Trans: $148.00
Non-Resident: $198.00
Adapted Boccia—Competitive
The Metro Cup tournament season may be over, but “champions are made in the off-season!” We’ll work on strategy, technique, focus, and teamwork to prepare you mentally and physically to reach personal and team goals. With drills to help you nail down your moves, activities to test you physically and mentally, and Paralympic-style matches, you’ll have a medal around your neck in no time! **Note:** Sign up for both Competitive and Recreational sessions so you can double the practice. Adaptive equipment will be provided to make everyone’s experience successful. Athletes interested in learning about the sport of Boccia or who are interested in our Competitive program but don’t have previous Boccia experience should sign up for the Recreational program or contact Alexandra Walch first. M-NASR reserves the right to determine if an individual is appropriate for the program.

<table>
<thead>
<tr>
<th>Code#:</th>
<th>3-412-01.1</th>
<th>Resident:</th>
<th>$45.00</th>
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<tr>
<td>Contact:</td>
<td>Alexandra Walch</td>
<td>Res. W/Trans:</td>
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<tr>
<td>Location:</td>
<td>Prairie Lakes Community Center Des Plaines</td>
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<td>$90.00</td>
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<tr>
<td>Group:</td>
<td>PI/VI Adults</td>
<td>Ages:</td>
<td>18 &amp; older</td>
</tr>
<tr>
<td>Min/Max:</td>
<td>4/8</td>
<td>Time:</td>
<td>4:00 - 5:30 p.m.</td>
</tr>
<tr>
<td>Day:</td>
<td>Tuesday</td>
<td>Dates:</td>
<td>June 12 - July 31</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>No program June 26 &amp; July 3</td>
</tr>
</tbody>
</table>

Adapted Boccia—Recreational
A sport of concentration and strategy, Boccia has become one of the largest growing sports in the Chicago area! Whether you’re looking for a more relaxed, social atmosphere or are brand new to the game, this program is for you. Each week we’ll work on learning the rules of this unique game and developing our strategy, focus, and control. Increase your confidence and feel the pride of becoming a part of M-NASR’s Boccia team! **Note:** Sign up for both Competitive and Recreational days to get double the practice. Adaptive equipment will be provided to make everyone’s experience successful. Athletes interested in learning about the sport of Boccia or who are interested in our Competitive program but don’t have previous Boccia experience should sign up for the Recreational program or contact Alexandra Walch first.

<table>
<thead>
<tr>
<th>Code#:</th>
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<tr>
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<td>$44.00</td>
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<td>Location:</td>
<td>Feldman Park Niles</td>
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<tr>
<td>Group:</td>
<td>PI/VI Youth/Teens/Adults</td>
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<td>8 &amp; older</td>
</tr>
<tr>
<td>Min/Max:</td>
<td>4/8</td>
<td>Time:</td>
<td>4:00 - 5:30 p.m.</td>
</tr>
<tr>
<td>Day:</td>
<td>Wednesday</td>
<td>Dates:</td>
<td>June 13, July 11, &amp; 25</td>
</tr>
</tbody>
</table>

Out on the Town
Out on the Town is back and ready to enjoy the beautiful summer weather. This season, you will enjoy dinner and games at Lorel Park in Skokie, have a wonderful dinner at Tap House Grill in Des Plaines, and spend an evening enjoying some tunes outdoors at Wednesdays on the Green in Skokie. Sign up now to get Out on the Town with friends! **Note:** All activity costs are included in the program fee with the exception of any adult beverages. If you are over the age of 21 and plan to consume adult beverages, “yes” must be checked on the back of your current Participant Information Form, and you must bring a photo ID and money to purchase them. Dinner or snacks will be provided so advise M-NASR in advance of any dietary restrictions. A schedule of activities will be sent to the participants after all registrations are received. **Out on the Town is designed for individuals who have physical disabilities and/or visual impairments.**

<table>
<thead>
<tr>
<th>Code#:</th>
<th>3-411-06</th>
<th>Resident:</th>
<th>$95.00</th>
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<tbody>
<tr>
<td>Contact:</td>
<td>Beth Kimura</td>
<td>Res. W/Trans:</td>
<td>$116.00</td>
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<tr>
<td>Location:</td>
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<td>Group:</td>
<td>PI/VI Adults</td>
<td>Ages:</td>
<td>18 &amp; older</td>
</tr>
<tr>
<td>Min/Max:</td>
<td>4/12</td>
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<td>6:30 - 8:30 p.m.</td>
</tr>
<tr>
<td>Day:</td>
<td>Wednesday</td>
<td>Dates:</td>
<td>June 20, July 18, &amp; August 1</td>
</tr>
</tbody>
</table>

Out & About
Let’s get out and enjoy the summer with some of our Out & About friends! This season, we will enjoy a delicious dinner at Amici’s in Niles, make some homemade ice cream, and attend an outdoor concert in Skokie. It’s time to get out of your home and **about** the town with your friends! **Note:** All activity costs are included in the program fee with the exception of adult beverages. A schedule of activities will be sent to participants after all registrations are received. Dinner or snacks will be provided so advise M-NASR in advance of any dietary restrictions. If you are over the age of 21 and plan to consume adult beverages, “yes” must be checked on the back of your current Participant Information Form, and you must bring a photo ID and money to purchase them. **Out & About is designed for individuals who have both physical and intellectual disabilities.**

<table>
<thead>
<tr>
<th>Code#:</th>
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<th>Day:</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>Contact:</td>
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<tr>
<td>Ages:</td>
<td>18 &amp; older</td>
<td>Resident:</td>
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<tr>
<td>Min/Max:</td>
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<td>Res. W/Trans:</td>
<td>$116.00</td>
</tr>
<tr>
<td>Time:</td>
<td>6:30 - 8:30 p.m.</td>
<td>Non-Resident:</td>
<td>$190.00</td>
</tr>
</tbody>
</table>
### Aqua Dynamics
Make a *splash* in your fitness routine with our water aerobics program! Join us to enhance your physical strength and endurance with minimal impact on your body. Choose a lower-intensity routine to increase flexibility and mobility or cardio-based exercises to get your heart rate up. We are confident that you will discover a water workout that’s right for you. Our motivating staff will assist you throughout your workout, and a chair lift is available to enter and exit the pool. **Note:** Assistance is available in the locker room for individuals who need it. This pool is fully-accessible, however, it is not a therapy pool. Bring a labeled towel, swimsuit, and water bottle. M-NASR’s Recreation Specialists lead this program.

<table>
<thead>
<tr>
<th>Code#</th>
<th>3-410-02</th>
<th>Time:</th>
<th>1:00 - 2:00 p.m.</th>
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<th>Thursday</th>
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<th>June 14 - Aug. 2</th>
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<tr>
<td>Contact</td>
<td>Alexandra Walch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Location</td>
<td>Centennial Fitness Center, Park Ridge</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Group:</td>
<td>PI/VI Adults</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Ages:</td>
<td>18 &amp; older</td>
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<td></td>
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<td>Min/Max:</td>
<td>4/8</td>
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</tbody>
</table>

| Resident: | $110.00 |
| Res. W/Trans: | $166.00 |
| Non-Resident: | $220.00 |

### M-NASrTs Theatre
Being a part of the theatre is so much more than acting! In M-NASrTs Theatre, we work on acting, singing, and performance skills. At the same time, we also work on positive peer interaction, communication skills, articulation, and confidence. With amazing productions of *Beauty and the Beast*, *The Music Man*, *The Wizard of Oz*, and more under our belts, what will our next show be? Join the M-NASrTs’ family to find out! **Note:** M-NASR reserves the right to determine if this program is appropriate for an individual. Appropriate behavior must be demonstrated so as not to detract from other participants’ experience. No transportation is available for this program.

<table>
<thead>
<tr>
<th>Code#:</th>
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<th>Min/Max:</th>
<th>10/25</th>
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<tbody>
<tr>
<td>Contact:</td>
<td>Beth Kimura</td>
<td></td>
<td></td>
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<tr>
<td>Location:</td>
<td>Oakton Comm. Center, Program Rm. West Skokie</td>
<td></td>
<td></td>
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<tr>
<td>Group:</td>
<td>All</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ages:</td>
<td>10 &amp; older</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Resident: | $95.00 |
| Res. W/Trans: | $166.00 |
| Non-Resident: | $190.00 |

### Winners’ Circle
Put on your best *poker* face, round up your friends, and come be the *Life* of the party at our Friday game night social program! We’ll hang out, laugh, and contend for first place as *Wii* try out a new theme from cards to classic board games each week. You’ll have a chance to learn about adaptive equipment used with these types of activities, sharpen your strategy and concentration, and socialize with friends. You’ll be *Sorry*! If you miss this fun program! **Note:** Bring a sack meal to eat dinner while we play or money to order dinner in. Drinks will be provided so advise M-NASR in advance of any dietary restrictions.

<table>
<thead>
<tr>
<th>Code#:</th>
<th>3-410-15</th>
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</thead>
<tbody>
<tr>
<td>Contact:</td>
<td>Alexandra Walch</td>
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<tr>
<td>Location:</td>
<td>M-NASR Boardroom Morton Grove</td>
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<tr>
<td>Group:</td>
<td>PI/VI Adults</td>
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<tr>
<td>Ages:</td>
<td>18 &amp; older</td>
</tr>
<tr>
<td>Min/Max:</td>
<td>4/8</td>
</tr>
<tr>
<td>Time:</td>
<td>5:30 - 7:00 p.m.</td>
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<tr>
<td>Day:</td>
<td>Friday</td>
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<tr>
<td>Dates:</td>
<td>June 29, July 13, &amp; 27</td>
</tr>
</tbody>
</table>

| Resident: | $37.00 |
| Res. W/Trans: | $65.00 |
| Non-Resident: | $74.00 |

### Incredi-Bowl Strikes
Can you spare a few Friday afternoons for some friendly competition at M-NASR’s adapted bowling program? Join us this summer to socialize with friends and try to top your best bowling scores. We’ll assist you in finding adaptive equipment that will enable you to be successful so every shot is your best. After the game, we’ll *split* for lunch and refuel for another round. In addition to having lots of fun, you’ll be able to improve your coordination and motor skills. No matter how many pins you knock down, you’re sure to have a *perfect game* with friends at Incredi-Bowl Strikes! **Note:** Equipment rental and bowling cost is included in the program fee. Bring a sack lunch or money to purchase food. Advise M-NASR in advance of any dietary restrictions.

<table>
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<td>Contact:</td>
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<tr>
<td>Location:</td>
<td>Classic Bowl Morton Grove</td>
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<tr>
<td>Group:</td>
<td>PI/VI Adults</td>
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<tr>
<td>Ages:</td>
<td>18 &amp; older</td>
</tr>
<tr>
<td>Min/Max:</td>
<td>4/8</td>
</tr>
<tr>
<td>Time:</td>
<td>11:00 a.m. - 12:30 p.m.</td>
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<td>Day:</td>
<td>Friday</td>
</tr>
<tr>
<td>Dates:</td>
<td>June 22, July 6, 20, &amp; Aug. 3</td>
</tr>
</tbody>
</table>

| Resident: | $82.00 |
| Res. W/Trans: | $110.00 |
| Non-Resident: | $164.00 |
Deaf Club

Summer is here and so is a new season of Deaf Club! Join your friends as we start the season by spending the afternoon playing miniature golf at Mountain View Adventure Center in Des Plaines. Next, we will be roasting marshmallows over the fire at Emily Oaks in Skokie. Ending the season, we will enjoy dinner out on the patio at Hackney’s in Glenview. Note: All food and activity costs are included in the program fee. Dinner or snack will be provided so advise M-NASR in advance of any dietary restrictions. If you are over the age of 21 and plan to consume adult beverages, “yes” must be checked on the back of your current Participant Information Form, and you must bring a photo ID and money to purchase them.

Brookfield Zoo

Lions, tigers, and bears, oh my! Home to more than 2,000 animals, there’s something incredible to see around every corner at Brookfield Zoo! You’ll observe everything from big cats and bears to giraffes and iguanas! This is one “zoo-venture” you won’t want to miss. Note: Entry to the zoo is included in the program fee. Bring a sack lunch or money to purchase lunch at the zoo. Advise M-NASR in advance of any dietary restrictions. Please wear sunscreen and bug spray.

Moretti’s and a Matinee

Lights, camera … pizza! This afternoon is sure to be a big hit as you catch up with friends over lunch before enjoying a movie at the theatre! We’ll begin our day at Moretti’s newest location in Morton Gove where you can enjoy classics like pizza and pasta or choose from their extensive menu of sandwiches, salads, soups, burgers, and Italian staples. After lunch, we’ll head to Golf Mill Mall for a summer blockbuster on the big screen! This is one Oscar-worthy afternoon you won’t want to miss. Note: Movie admission and lunch are included in the program fee. Bring money for snacks and drinks at the theatre and advise M-NASR in advance of any dietary restrictions. If you are over the age of 21 and plan to consume adult beverages, “yes” must be checked on the back of your current Participant Information Form, and you must bring a photo ID and money to purchase them. The program time is subject to change depending on show times at the theatre.

Don’t miss M-NASR’s Recognition Night

Wednesday, May 9, 2018

Details on page 3
**Chicago Dogs**

Take me out to the Dogs game! The Chicago Dogs are playing in their inaugural season with the American Association of Independent Professional Baseball, and they need you to root, root, root them on to a win! We’ll cheer them on as they face off against the Sioux Falls Canaries at Impact Field in Rosemont, “where every day is fan appreciation day.” Bring money to buy some peanuts and Cracker Jacks®, sit back, and relax at the old ball game with M-NASR! **Note:** Admission is included in the program fee. Bring money for snacks and souvenirs and advise M-NASR in advance of any dietary restrictions. If you are over the age of 21 and plan to drink adult beverages, “yes” must be checked on the back of your current Participant Information Form and you must have a photo ID and money to purchase them.

**Chicago Botanic Garden**

Summer is in full swing and so is nature! Take time to stop and smell the roses among the thousands of other plant life the Chicago Botanic Garden has to offer. We will walk along the trails enjoying the garden grounds, the Wisconsin-Illinois Lily Society Show and Sale, the Fruit & Vegetable Garden, the Aquatic Garden, the Bonsai collection, and much more. The flowers are always blooming and changing per season, so there is always something new to experience. Sign up today for a great way to round out your summer season of fun. **Note:** Bring a sack lunch or money to purchase lunch, snacks, and souvenirs. Advise M-NASR in advance of any dietary restrictions. Dress appropriately for the weather and please apply sunscreen and bug spray. This program may not be appropriate for individuals who have allergies to outdoor plants.

**The Perfect Picnic**

The beautiful days of summer are here, so grab your friends and join us for The Perfect Picnic! With fun activities like bags, bocce, strolling along the paved park trail, and a delicious picnic dinner, it is sure to be an evening to remember. Don’t miss this spectacular Sunday activity! **Note:** A light meal will be provided so advise M-NASR in advance of any dietary restrictions. Dress appropriately for the weather and please apply sunscreen and bug spray. This program may not be appropriate for individuals who have outdoor allergies. Centrally-located pick-up points will be used.

**2018 Annual Summer Party**

Rain, rain, stay away! After the stormy end to 2017’s end-of-the-summer celebration, we’re bringing the Mardi Gras party back for round deux (two)! M-NASR participants, families, and friends are all invited to join us at Harrer Park for an evening of tasty food, jazzy music, games, crafts, and lots of dancing. Grab your beads, and put on a mask...M-NASR Mardi Gras is coming back fast! **Note:** There is no transportation for this program. Advise M-NASR in advance of any dietary restrictions. Special diets will be accommodated. Registrations received by all active M-NASR participants by May 16 will be guaranteed a free t-shirt. Please indicate your size on the registration form. **All registrations must be received by 5:00 p.m. on July 19. No registrations will be accepted after this date.**

**2018 Annual Post-Season Program!**

Due to the nature of this event, individual supervision of guests is not possible. Family members and/or group home staff are required to attend with their family member/participant(s). **All people attending must be registered with the M-NASR office prior to the event.**

---

**Code#:** 3-520-17  
**Contact:** Beth Kimura  
**Location:** Chicago Botanic Gardens, Glencoe  
**Group:** ALL  
**Ages:** 10 & older  
**Resident:** $25.00  
**Non-Resident:** $50.00  
**Min/Max:** 5/20  
**Date:** Sunday, July 8  
**Time:** 2:00 - 4:00 p.m.
Chicago White Sox
Baseball season is back, and it is time to go out to Guaranteed Rate Field to cheer on the Chicago White Sox! Put on your favorite jersey and baseball cap and cheer as loud as you can as we watch the White Sox play against the Kansas City Royals. Win or lose, this day is sure to be a fun time out with all of your friends. Note: Eat prior to the program or bring money for lunch and souvenirs. Advise M-NASR in advance of any dietary restrictions. This program may not be appropriate for individuals who become easily overstimulated, are sensitive to loud sounds, may display disruptive behaviors, or have a fear of heights. If you are over the age of 21 and plan to consume adult beverages, “yes” must be checked on the back of your current Participant Information Form, and you must bring a photo ID and money to purchase them. M-NASR reserves the right to determine if this program is appropriate for an individual. Please wear sunscreen and bug spray and dress appropriately for the weather. Centrally-located pick-up points will be used.

Code#: 3-520-03
Contact: Beth Kimura
Location: Guaranteed Rate Field, Chicago

Ages: 12 & older
Min/Max: 10/20
Time: 1:00 - 4:00 p.m.
Date: Sunday, August 19
Resident: $63.00
Non-Resident: $126.00

Liponi Foundation for Special Recreation

Thanks to the companies and individuals who contributed to our 27th Annual Liponi Dinner Dance & Silent Auction through sponsorships, silent auction items, and monetary donations. The success of this event is due, in great part, to you and your generosity.

Event Sponsor - $2,500+
- Lin-Mar Towing & Recovery
- Chicago White Sox

Prime Sponsor - $500+
- BankFinancial
- Groot Industries
- Perpetual Motion Design

Elite Sponsor - $1,000+
- mb financial bank, Morton Grove
- Village of Rosemont
- Unico National - Chicago West Suburban Unico
- Vassen Painting & Decorating
- Kappys American Grill - George Alopiantis, Owner

Golf-Maine Park District
Graziano’s Brick Oven Pizza
Don Heitisch
Joe’s Live
Rob & Sue Johnson
Rob & Andrea Justin
Rob Kieland
Chris Kimura
Stephanie Lane
Representative Lou Lang
Ted & Joyce Lenart
Stella Liponi
Village of Lincolnwood
Parks & Recreation
Susan Litolff
Lou Malnati’s Pizzeria
Luvey Garden Center
Lynfred Winery
Mark & Deb Manno
Rich & Madelynn Macur Broussil
Ed & Nancy Malek
Marriott Suites Chicago O’Hare
Gary Martz
Ray & Sandy McIntosh
Mary Ann Minelli
Minuteman Press - Morton Grove
Miss Kitty’s Grape Escape
Moretti’s
Morton Grove Park District
Mullarkey Distributing
Senator Laura Murphy
Niles Park District
Ramona Nitzschke
Joe & Mary Kay O’Brien
Park Ridge Park District
Patti Paul
Janet Porter
Dave & Toni Rich
Andy & Anne Rosniots
Kevin & Karen Rosienski
Andy Rubenstein
Stephanie Saunders
Skokie Park District
Joe & Anita Spiskal
Sky High Sports
Larry Sorensen
Paul & Dee Stanton
Chris Statkiewicz
Ron & Cherie Stein
Dean & Laurie Strazzelle
The Bagel Restaurant & Deli
Fred Tokowicz
Jerry & Nancy Turry
Bob Vaisesen
Jocely Wahlert
Glen & Mimi Wherfel
Dave & Nancy Winans

Wine Styles
Steve & Marlene Worthley
Kevin & Peggy Wilson
Jerome & Joan Wrezewski
Your Elegant Occasions
Zanies
Zia’s Trattoria

Ages: ALL
Min/Max: 50/400
Time: 5:00 - 7:30 p.m.
Date: Thursday, August 9
Free! Free! Free! Free!

Chicago Botanic Garden
Summer is in full swing and so is nature! Take time to stop and smell the roses among the thousands of other plant life the Chicago Botanic Garden has to offer. We will walk along the trails enjoying the garden grounds, the Wisconsin-Illinois Lily Society Show and Sale, the Fruit & Vegetable Garden, the Aquatic Garden, the Bonsai collection, and much more. The flowers are always blooming and changing per season, so there is always something new to experience. Sign up today for a great way to round out your summer season of fun.

Note: Bring a sack lunch or money to purchase lunch, snacks, and souvenirs. Advise M-NASR in advance of any dietary restrictions. Dress appropriately for the weather and please apply sunscreen and bug spray. This program may not be appropriate for individuals who have allergies to outdoor plants.

Ages: 12 & older
Min/Max: 10/20
Time: 1:00 - 4:00 p.m.
Date: Sunday, August 19
Resident: $63.00
Non-Resident: $126.00

Post-Season Program!

Code#: 3-520-03
Group: ALL
Ages: 12 & older
Min/Max: 10/20
Time: 1:00 - 4:00 p.m.
Date: Sunday, August 19
Resident: $63.00
Non-Resident: $126.00
For all AWID Programs, unless otherwise noted, pick-up and drop-off locations will be determined when all registrations are received. Remember to mark transportation on the registration form.

Music Monday
“Music is an outburst of the soul!” —Frederick Delius. Instead of b flat, express your soul through the use of music. Enjoy a guided exploration of various instruments, musical genres, and dances that will help build confidence, regulate emotions, and allow you to walk to a new beat of the drum. Let M-NASR teach you how music can be an outlet as we focus on relaxation, social skills, and body movement. Take note of this unique opportunity. Note: This program may not be appropriate for individuals who become easily overstimulated or are sensitive to loud sounds.

Tee Time Golf
Ready for a summer season of golf? Grab your clubs and get back in the swing of things because Tee Time Golf is back! Work on your long or short game as you prepare for the Special Olympics Golf tournament. The Special Olympics Unified Golf Competition is July 16 and the Skills Competition is on July 17. If you plan to compete in the S.O. Unified Golf Qualifier, you will need to submit three 9-hole golf scores by Monday, June 11. A Special Olympics Medical Waiver must be completed and turned in by Monday, June 4. We are excited to be teaming up with the Sunshine through Golf Foundation again this season as they provide some of their volunteers who are experts in the game. We will also have a professional from GolfTECH who will share basic instruction of golf skills. We will work on skills or head out on the course, based on individual participants’ abilities. Note: All equipment will be provided, but you are encouraged to bring your own clubs if you have them. M-NASR reserves the right to determine if this program is appropriate for an individual. Mastery of skills must be determined by M-NASR staff if you are planning to play on the course. This will be demonstrated by either repeatedly taking Tee Time Golf in the past or performing well on the first night of the class. In case of inclement weather, the decision to cancel this program will be made after 4:00 p.m.

Healthy Hearts
It’s time to pump it up! Join us on a new night at our Healthy Hearts program to strengthen your core, build muscle, and increase your cardio endurance. Gain more energy from working out that will last through the summer. Learn to use various weight equipment, cardio machines, and develop a workout regimen that works for you! Don’t miss your chance to feel confident, energetic, and empowered! Note: Wear fitness clothes, gym shoes, and bring a water bottle. Appropriate behavior must be demonstrated so as not to detract from other participants’ experience. M-NASR reserves the right to determine if this program is appropriate for an individual.
**Wildcat Volleyball**

Ace!! Are you ready for another awesome season of Wildcat Volleyball? Learn all the basics of this fun sport as you build comradery on a team and practice good sportsmanship. We will play weekly games against other area volleyball teams as well as participate in the 2018 ITVS Tournament on Sunday, October 7. We will also participate in the Special Olympics Tournament on Sunday, September 23, where we will try to win gold and make it to State! Go Wildcats! **Note:** A Special Olympics Waiver must be completed and turned in to the M-NASR office no later than Friday, July 27 in order to participate in this program. Bring a water bottle and wear comfortable athletic attire and gym shoes. If the team qualifies for the Fall Games, an additional registration and fee will be required. Times will vary depending on practice and game locations. A schedule of locations with pick-up and drop-off times will be provided once all registrations are received.

**Code#:** 4-313-01  **Day:** Tuesday  
**Contact:** Sarah Groeper  **Dates:** July 31 - Oct. 9  
**Location:** Various  
**Group:** AWID  
**Ages:** 16 & older  
**Min/Max:** 10/20  
**Time:** 6:30 - 8:00 p.m.  
**Resident:** $116.00  
**Non-Resident:** $232.00

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**Wednesday Night Bowl**

Roll into summer with a strike! The relaxed atmosphere of Wednesday Night Bowl is the perfect place to work on your bowling skills or socialize with your friends. All bowling abilities are welcome, and you are encouraged to bring a lively spirit! Celebrate the half-way point of the week with a gratifying and stimulating game of bowling. Lace up your bowling shoes and hit the lanes! **Note:** Balls, shoes, and ramps are included in the cost of the program. No transportation is available for this program.

**Code#:** 3-310-14  
**Contact:** Sarah Groeper  
**Location:** Brunswick Zone

**Group:** AWID  
**Ages:** 18 & older  
**Min/Max:** 10/24  
**Time:** 5:30 - 6:45 p.m.  
**Day:** Wednesday  
**Dates:** June 13 - August 1  

**Resident:** $112.00  
**Non-Resident:** $224.00

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**Splashtastic**

Splish and splash your way into the summer! Whether you are an avid swimmer, love the slides, or want to relax in the water, Skokie Water Playground has everything you need! Swim like a fish in the sea and test your speed on the slides. Choose how to spend time at the pool with this recreational swim program while you socialize with friends and dip your toes in the water. **Note:** Please bring a labeled towel and swimsuit. In case of inclement weather, the decision to cancel this program will be made after 4:00 p.m. Participants must sign in and out with M-NASR staff.

**Code#:** 3-310-11  
**Contact:** Sarah Groeper  
**Location:** Skokie Water Playground

**Group:** AWID  
**Ages:** 18 & older  
**Min/Max:** 8/15  
**Time:** 6:00 - 7:00 p.m.  
**Day:** Wednesday  
**Dates:** June 13 - August 1  

**Resident:** $68.00  
**Non-Resident:** $136.00
Couch To 5K
Lace up your running shoes and join us for Couch To 5K! In this seven-week training program, together we’ll strive to run or walk our way to the finish line. Whether you are a first-time runner or are looking for a group of people to get you motivated, our staff will lead you through the correct technique to be successful in a race. Show off all your hard work locally at Skokie’s Backlot Dash 5K Run and Walk on August 25. With the support of your M-NASR friends and staff, you can achieve your goal! **Note:** An additional fee of $50 is required if you want to participate in the Skokie Backlot Dash 5K Run and Walk and required with this registration. No refunds will be given once received. If we do not receive a minimum of four people for this race, it will be cancelled. Please note this is a training program; participants must be able to either walk continuously for 20 minutes or run continuously for 7 minutes in order to participate in the 5K race. We encourage you to sign up for our Zumba program which takes place right after Couch To 5K.

**Please note late ending date.**

<table>
<thead>
<tr>
<th>Code#</th>
<th>3-310-16</th>
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<tbody>
<tr>
<td>Contact</td>
<td>Sarah Groeper</td>
</tr>
<tr>
<td>Location</td>
<td>Feldman Park Niles</td>
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<tr>
<td>Age</td>
<td>18 &amp; older</td>
</tr>
<tr>
<td>Min/Max</td>
<td>6/15</td>
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<tr>
<td>Time</td>
<td>6:00 - 7:00 p.m.</td>
</tr>
<tr>
<td>Day</td>
<td>Thursday</td>
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<tr>
<td>Resident</td>
<td>$63.00</td>
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<tr>
<td>Non-Resident</td>
<td>$126.00</td>
</tr>
</tbody>
</table>

Zumba™
“I wanna dance with somebody!” I wanna feel the beat at Zumba™! Dance your way through the summer season with all your M-NASR friends and put your own spin on the moves. Sign up for our ever-popular Zumba™ program before it’s too late. Feel the rhythm of the beat and get your heart rate racing with this high intensity dance workout. **Note:** This program will be taught by a certified Zumba™ instructor. Wear comfortable workout clothes and shoes, and bring a water bottle. Due to the nature of this cardiovascular workout, do not eat a large meal within 60 minutes prior to the program. We encourage you to sign up for our Couch to 5K program which takes place right before Zumba™.

**Please note early ending date.**

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<thead>
<tr>
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<tbody>
<tr>
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<td>Feldman Park Niles</td>
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<td>Age</td>
<td>18 &amp; older</td>
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<td>6/20</td>
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<tr>
<td>Day</td>
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<td>Dates</td>
<td>June 14 - July 19</td>
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<tr>
<td>Non-Resident</td>
<td>$108.00</td>
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Kitchen Connection
Sizzle, baste, and whisk into the summer season! Instead of frying an egg on the sidewalk, learn how to baste one with M-NASR. Create a new feeling of independence by challenging yourself this season to learn a new skill and be able to complete a small meal all on your own. Sign up for Supper Club every other Wednesday to gain a full food experience! Summer is hot, but so is the heat from the kitchen! **Note:** A light meal will be provided each week, but please eat dinner prior to the program. Advise M-NASR in advance of any dietary restrictions.

<table>
<thead>
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<tr>
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<tr>
<td>Location</td>
<td>Maine East HS, Rm. 169 Park Ridge</td>
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<tr>
<td>Group</td>
<td>AWID</td>
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<tr>
<td>Age</td>
<td>18 &amp; older</td>
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<tr>
<td>Min/Max</td>
<td>6/12</td>
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<tr>
<td>Time</td>
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<tr>
<td>Day</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Dates</td>
<td>June 13, 27, July 11, &amp; 25</td>
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<tr>
<td>Resident</td>
<td>$61.00</td>
</tr>
<tr>
<td>Non-Resident</td>
<td>$122.00</td>
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</tbody>
</table>

Supper Club—Small Bites, Large Appetites
Sometimes the best part of dinner comes before the meal! Nachos, wings, cheese sticks, and potato skins are all classic starters. Join the appetizer party as you taste your way through summer. We will enjoy a variety of restaurants in this order: Chili’s Grill & Bar, Playbook Sports Bar, TGIFridays, and Buffalo Wild Wings. **Note:** The cost of your appetizer and a soft drink are included in the program fee. Advise M-NASR in advance of any dietary restrictions. If you are over the age of 21 and plan to consume adult beverages, “yes” must be checked on the back of your current Participant Information Form, and you must bring a photo ID and money to purchase them. Restaurants will be visited in the order in which they are listed in the brochure. Due to the various locations, participants will be notified with pick-up and drop-off times prior to each meeting.

**Special Season**

<table>
<thead>
<tr>
<th>Code#</th>
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<td>Contact</td>
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<td>Group</td>
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<tr>
<td>Age</td>
<td>18 &amp; older</td>
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<tr>
<td>Min/Max</td>
<td>6/12</td>
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<tr>
<td>Time</td>
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<tr>
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<td>$108.00</td>
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<tr>
<td>Non-Resident</td>
<td>$216.00</td>
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</table>
Minimize Golf Tour - Special Season

In for some summer-friendly competition? Then you should join us as we visit four awesome miniature golf courses in our area! Test your putting skills and see who can make it through the different holes of varying challenge levels. We will visit the miniature golf courses at Adventure of Golf in Skokie, Pioneer Park in Niles, Mountain View Adventure Center in Des Plaines, and Novelty Golf Games in Lincolnwood. Note: Mini Golf courses will be visited in the order in which they are listed in the brochure. Due to the various locations, participants will be notified with pick-up and drop-off times prior to each meeting. In case of inclement weather, the decision to cancel this program will be made after 4:00 p.m. Please wear bug spray.

Note: Early starting and ending dates.

<table>
<thead>
<tr>
<th>Code#</th>
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<tr>
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<td>Ages:</td>
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<tr>
<td>Min/Max:</td>
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<tr>
<td>Time:</td>
<td>6:30 - 7:30 p.m.</td>
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</table>

M-NAStaRs Theatre

Being a part of the theatre is so much more than acting! In M-NAStaRs Theatre, we work on acting, singing, and performance skills. At the same time, we also work on positive peer interaction, communication skills, articulation, and confidence. With amazing productions of Beauty and the Beast, The Music Man, The Wizard of Oz, and more under our belts, what will our next show be? Join the M-NAStaRs family to find out! Note: M-NASR reserves the right to determine if this program is appropriate for an individual. Appropriate behavior must be demonstrated so as not to detract from other participants’ experience. No transportation is available for this program.

Note: Early starting and ending dates.

<table>
<thead>
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<th>Code#</th>
<th>3-311-08</th>
<th>Min/Max:</th>
<th>10/25</th>
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<td>Location</td>
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<tr>
<td>Ages:</td>
<td>Skokie All</td>
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<tr>
<td>Time:</td>
<td>5:30 - 7:30 p.m.</td>
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</table>

Community Crawlers - Special Season

Let’s step into the outdoors and enjoy some of the wonderful summertime weather! Join us this summer season as we start with an evening of miniature golf at Skokie’s Sports Park. Next, we will enjoy a summer concert with snacks at Oak Park in Niles. Lastly, we’ll have a delicious dinner at Moretti’s in Morton Grove. Good times will surely be had this season at Community Crawlers! Note: All activity costs are included in the program fee. A schedule of activities will be sent to participants after all registrations are received. Dinner or snacks will be provided so advise M-NASR in advance of any dietary restrictions. If you plan to consume adult beverages, “yes” must be checked on the back of your current Participant Information Form, and you must bring a photo ID and money to purchase them.

Note: Early starting and ending dates.

<table>
<thead>
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<th>Code#</th>
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<td>Min/Max:</td>
<td>10/20</td>
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<tr>
<td>Time:</td>
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Skokie Scouters!! - Special Season

Get into the swing of summer with some time spent outdoors with your friends at Skokie Scouters! This season, we will start by roasting marshmallows over a campfire at Emily Oaks, and then we will learn about different summer blossoming flowers and create our own miniature garden. Finally, we will end the season with dinner at the Curragh in Skokie. This season is sure to be one to remember! Note: All activity costs are included in the program fee. A schedule of activities will be sent to participants after all registrations are received. Dinner or a snack will be provided so advise M-NASR in advance of any dietary restrictions. M-NASR reserves the right to determine if this program is appropriate for an individual. Appropriate behavior must be demonstrated so as not to detract from other participants’ experience. No transportation is available for this program.

Note: Early starting and ending dates.

<table>
<thead>
<tr>
<th>Code#</th>
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<tr>
<td>Ages:</td>
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<td>Min/Max:</td>
<td>10/20</td>
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<tr>
<td>Time:</td>
<td>6:30 - 8:30 p.m.</td>
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</table>

Town Travelers - Special Season

Time to get outdoors and enjoy your summer! Town Travelers will start out the season with a dinner option of eating out on the patio at Hackney’s in Glenview. Then, it will be an evening of enjoying some summer sounds at Oak Park in Niles with summer treats. Our last event will be spent roasting marshmallows over a campfire at Emily Oaks in Skokie. Sign up now for a great season of traveling and fun! Note: All activity costs are included in the program fee. A schedule of activities will be sent to participants after all registrations are received. Dinner or snacks will be provided so advise M-NASR in advance of any dietary restrictions. If you plan to consume adult beverages, “yes” must be checked on the back of your current Participant Information Form, and you must bring a photo ID and money to purchase them.

Note: Early starting and ending dates.

<table>
<thead>
<tr>
<th>Code#</th>
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<td>Min/Max:</td>
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<tr>
<td>Time:</td>
<td>6:30 - 8:30 p.m.</td>
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</table>

(847) 966-5522
River Rand Bowl

Head to the bowling alley for a striking time! Whether you are a beginner or a pro, River Rand Bowl is up your alley! Practice your bowling skills and enjoy fun conversation with your friends in this non-competitive program. Come over to the river … River Rand Bowl, that is! Note: Balls, shoes, and ramps are provided. No transportation is available for this program.

<table>
<thead>
<tr>
<th>Code#</th>
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<td>Day:</td>
<td>Saturday</td>
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<tr>
<td>Location</td>
<td>River Rand Bowl</td>
<td>Dates:</td>
<td>June 16 - August 4</td>
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<tr>
<td>Group</td>
<td>AWID</td>
<td>Resident:</td>
<td>$128.00</td>
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<tr>
<td>Ages</td>
<td>18 &amp; older</td>
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<td>$256.00</td>
</tr>
<tr>
<td>Min/Max</td>
<td>10/20</td>
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All Star Bowling League

Get out of the gutter; join your ambitious friends for a Saturday of competitive gameplay and strive to get a perfect game. Work on your swing, exact your aim and speed, and prepare for the upcoming tournaments. Learn from your teammates and coaches to bump up that bowling score and put you in the lead. Become the best All Star you can. Note: Balls, shoes, and ramps are provided. M-NASR reserves the right to determine if this program is appropriate for an individual. No transportation is available for this program.

<table>
<thead>
<tr>
<th>Code#</th>
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<tr>
<td>Contact</td>
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<td>Day:</td>
<td>Saturday</td>
</tr>
<tr>
<td>Location</td>
<td>River Rand Bowl</td>
<td>Dates:</td>
<td>June 16 - August 4</td>
</tr>
<tr>
<td>Group</td>
<td>AWID</td>
<td>Resident:</td>
<td>$128.00</td>
</tr>
<tr>
<td>Ages</td>
<td>18 &amp; older</td>
<td>Non-Resident:</td>
<td>$256.00</td>
</tr>
<tr>
<td>Min/Max</td>
<td>10/20</td>
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</table>

Bowling Bonanza I, II, & III

Longtime bowlers or first timers are sure to have a ball! All bowling levels are welcome! This is a program you can look forward to all week as you let the work week go and come to socialize and relax with your friends. If you like to hit the lanes first thing in the morning or do your best in the afternoon, Bowling Bonanza has a time that fits your schedule. Spare your time on Saturdays and encourage your teammates as they bowl. Note: All participants must be signed in and out with M-NASR staff. Balls, shoes, and ramps are provided. The cosmic bowling atmosphere may be overstimulating for some individuals. No transportation is available for this program.

<table>
<thead>
<tr>
<th>Bonanza I</th>
<th>Code#: 3-310-08.1</th>
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<tr>
<td>Contact</td>
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<tr>
<td>Location</td>
<td>River Rand Bowl</td>
<td>Niles</td>
<td>Time: 1:45 - 3:00 p.m.</td>
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<td>Dates: June 16 - August 4</td>
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<td></td>
<td></td>
<td>Resident: $128.00</td>
<td>Non-Resident: $256.00</td>
</tr>
<tr>
<td>Ages</td>
<td>18 &amp; older</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Min/Max</td>
<td>10/20</td>
<td></td>
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</tr>
</tbody>
</table>

Deaf Club

Summer is here and so is a new season of Deaf Club! Join your friends as we start the season by spending the evening playing miniature golf at Mountain View Adventure Center in Des Plaines. Next, we will be roasting marshmallows over a campfire at Emily Oaks in Skokie. Ending the season, we will enjoy dinner out on the patio at Hackney’s in Glenview. Note: All food and activity costs are included in the program fee. Dinner or snack will be provided so advise M-NASR in advance of any dietary restrictions. If you plan to consume adult beverages, “yes” must be checked on the back of your current Participant Information Form, and you must bring a photo ID and money to purchase them.

<table>
<thead>
<tr>
<th>Deaf Club</th>
<th>Code#: 3-311-10</th>
<th>Contact: Beth Kimura</th>
<th>Location: Various</th>
<th>Group: AWID</th>
<th>Ages: 18 &amp; older</th>
<th>Min/Max: 5/15</th>
<th>Time: 6:30 - 8:30 p.m.</th>
<th>Day: Friday</th>
<th>Dates: July 6, 27, &amp; August 17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resident</td>
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</tbody>
</table>
Into the Woods
Is there anything better than being outside in nature on a nice summer morning? Explore the evergreen woods, beautiful lake and grasslands which team with native prairie plants in the summer. You’ll also love observing the unusual, abundant vegetation and wildlife as you hike through McDonald Woods in Lake Villa. Once you have hiked up an appetite, we’ll stop by Emily’s Pancake House for a delicious breakfast. Start your morning off right with hiking and a quick bite! Note: Please note this is a hiking program and participants must be able to walk three miles on varied terrain. This program may not be appropriate for individuals who have outdoor allergies. Breakfast will be provided so advise M-NASR in advance of any dietary restrictions. Please wear sunscreen and bug spray.

Code#: 3-320-41
Contact: Sarah Groeper
Location: McDonald Woods, Lake Villa
Group: AWID
Ages: 18 & older

<table>
<thead>
<tr>
<th>Code#</th>
<th>Min/Max</th>
<th>Contact</th>
<th>Location</th>
<th>Group</th>
<th>Ages</th>
<th>Resident</th>
<th>Non-Resident</th>
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</thead>
<tbody>
<tr>
<td>3-320-41</td>
<td>5/15</td>
<td>Sarah Groeper</td>
<td>McDonald Woods, Lake Villa</td>
<td>AWID</td>
<td>18 &amp; older</td>
<td>$35.00</td>
<td>$70.00</td>
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Burgers, Beats, and Blasts
Feel the beat? Then Burgers, Beats, and Blasts is for you! Enjoy a delicious dinner at local food trucks before you jam out to your favorite tunes. Once the sun begins to go down, we will make our way out to MB Financial Park and enjoy some live music. Whether you just want to enjoy the outdoors, listen to the beats, or get up and show off your dance moves, signing up for this event is a great idea. Oh, did we mention there are fireworks, too? Grab your pals; you’ll have a blast! Note: Dinner is included in the program fee, so advise M-NASR in advance of any dietary restrictions. Bring extra money for snacks and souvenirs, and advise M-NASR in advance of any dietary restrictions. M-NASR reserves the right to determine if this program is appropriate for an individual. If you are over the age of 21 and plan to consume adult beverages, “yes” must be checked on the back of your current Participant Information Form, and you must bring a photo ID and money to purchase them. This event may not be appropriate for individuals who become easily overstimulated or are sensitive to loud sounds. Please wear bug spray.

Code#: 3-320-38
Contact: Sarah Groeper
Location: MB Financial Park, Rosemont
Group: AWID
Ages: 18 & older

<table>
<thead>
<tr>
<th>Code#</th>
<th>Min/Max</th>
<th>Contact</th>
<th>Location</th>
<th>Group</th>
<th>Ages</th>
<th>Resident</th>
<th>Non-Resident</th>
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</thead>
<tbody>
<tr>
<td>3-320-38</td>
<td>6/12</td>
<td>Sarah Groeper</td>
<td>MB Financial Park, Rosemont</td>
<td>AWID</td>
<td>18 &amp; older</td>
<td>$52.00</td>
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</table>

Raging Waves Waterpark
Make your splash before summer ends! Travel with M-NASR to Illinois’ largest waterpark! Relax in Kookaburra Creek’s lazy river, experience an ocean vibe at The Great Barrier Reef wave pool, or challenge yourself on a multitude of waterslides. The Three Sisters triple tube ride will thrill you while the Platypus Plunge will surprise you reaching up to speeds of 40 mph. There is something for everyone as you experience over ten different attractions. Dive into the summer with us! Note: Please eat prior to the program. Bring a labeled towel and bathing suit. Please wear sunscreen.

Code#: 3-320-40
Contact: Sarah Groeper
Location: Raging Waves Waterpark, Yorkville
Group: AWID
Ages: 18 & older

<table>
<thead>
<tr>
<th>Code#</th>
<th>Min/Max</th>
<th>Contact</th>
<th>Location</th>
<th>Group</th>
<th>Ages</th>
<th>Resident</th>
<th>Non-Resident</th>
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<td>AWID</td>
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</table>

Girls’ Night Out
Ever wanted to start your own mini garden? Create your own fairy garden with all your girlfriends at Girls’ Night Out. Learn about different plants and how you can add small craft pieces to create an enchanted space. Add this whimsical addition to your house or front yard! After gardening, enjoy some delicious pizza with all your girls! We’ll bring the supplies, all you need is your imagination! Note: All supplies and the cost of dinner are included in the program fee. Advise M-NASR in advance of any dietary restrictions. This program may not be appropriate for individuals who are allergic to outdoor plants.

Code#: 3-320-02
Contact: Sarah Groeper
Location: Oakton Comm. Ctr., Prog. Rm. East Skokie
Group: AWID
Ages: 18 & older

<table>
<thead>
<tr>
<th>Code#</th>
<th>Min/Max</th>
<th>Contact</th>
<th>Location</th>
<th>Group</th>
<th>Ages</th>
<th>Resident</th>
<th>Non-Resident</th>
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<tbody>
<tr>
<td>3-320-02</td>
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<td>Sarah Groeper</td>
<td>Oakton Comm. Ctr., Prog. Rm. East Skokie</td>
<td>AWID</td>
<td>18 &amp; older</td>
<td>$47.00</td>
<td>$94.00</td>
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Guys’ Night Out
I feel the need, the need for speed!! Grab your binoculars and get some popcorn because the Chicagoland Speedway is calling your name! You don’t need to travel far to experience the action as drivers zoom by and compete for the top spot. Prepare for the weekend with your favorite guys as you visit the Magnificent Mile and a Half! Cheer on the drivers as you watch the 2018 ARCA Racing Series Chicagoland 150! Note: The cost of admission is included in the program fee. Bring money for snacks and souvenirs, and advise M-NASR in advance of any dietary restrictions. M-NASR reserves the right to determine if this program is appropriate for an individual. If you are over the age of 21 and plan to consume adult beverages, “yes” must be checked on the back of your current Participant Information Form, and you must bring a photo ID and money to purchase them.

Code#: 3-320-06
Contact: Sarah Groeper
Location: Chicagoland Speedway
Group: AWID
Ages: 18 & older

<table>
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<tr>
<th>Code#</th>
<th>Min/Max</th>
<th>Contact</th>
<th>Location</th>
<th>Group</th>
<th>Ages</th>
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<th>Non-Resident</th>
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<tr>
<td>3-320-06</td>
<td>8/12</td>
<td>Sarah Groeper</td>
<td>Chicagoland Speedway</td>
<td>AWID</td>
<td>18 &amp; older</td>
<td>$81.00</td>
<td>$162.00</td>
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</table>
Pizza & Bingo
Can I get a B? Can I get an I? Can you say BINGO! Test your luck as you play bingo, eat delicious pizza, win awesome prizes, and enjoy the company of some great friends! The perfect way to spend your Sunday is in this relaxed, fun environment. Bingo enthusiasts and pizza lovers alike are all welcome to join one of the most popular special events we offer. Start the week off right and register it’s too late!
Note: Pizza will be served so advise M-NASR in advance of any dietary restrictions.

<table>
<thead>
<tr>
<th>Code#:</th>
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<th>Min/Max:</th>
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<tbody>
<tr>
<td>Contact:</td>
<td>Sarah Groeper</td>
<td>Time:</td>
<td>11:00 a.m. - 1:00 p.m.</td>
</tr>
<tr>
<td>Location:</td>
<td>Prairie View Comm. Ctr., Comm. Rm. Morton Grove</td>
<td>Date:</td>
<td>Sunday, July 22</td>
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<td>Group:</td>
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<td>Non-Resident:</td>
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</table>

Lake County Fair
Make it an all-day affair! Head out to the Lake County Fair for livestock shows, pie-eating contests, live music, carnival rides, and so much more! You’ll have a hard time choosing which activities to do as you help Lake County Fair celebrate their 90th birthday! Try all the fair delicacies, dance to the music, and experience “Summer’s Best Fest!” Note: Bring a sack lunch or money to buy lunch and souvenirs. Advise M-NASR in advance of any dietary restrictions. This program may not be appropriate for individuals who become easily overstimulated, are sensitive to loud sounds, or have allergies/afraid of animals. If you are over the age of 21 and plan to consume adult beverages, “yes” must be checked on the back of your current Participant Information Form, and you must bring a photo ID and money to purchase them. Please wear sunscreen and bug spray and dress appropriately for the weather.

<table>
<thead>
<tr>
<th>Code#:</th>
<th>3-320-42</th>
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<tr>
<td>Contact:</td>
<td>Sarah Groeper</td>
<td>Time:</td>
<td>11:00 a.m. - 2:30 p.m.</td>
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<tr>
<td>Location:</td>
<td>Lake County Fairgrounds, Grayslake</td>
<td>Date:</td>
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<tr>
<td>Group:</td>
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<td>Resident:</td>
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<tr>
<td>Non-Resident:</td>
<td>$100.00</td>
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Schaumburg Boomers
Is there any other way to spend a Saturday night? Hotdogs, fireworks, long-standing rivalries, and energetic fans all await you at the Boomers Stadium. Watch the 2017 Frontier League Champions take on the Normal Cornbelters! To top off the evening, we’ll see a lively fireworks show. That’s right, we will end the night with a real BOOM! Note: Bring a sack dinner or money for dinner and souvenirs. Advise M-NASR in advance of any dietary restrictions. If you are over the age of 21 and plan to consume adult beverages, “yes” must be checked on the back of your current Participant Information Form, and you must bring a photo ID and money to purchase them. This event may not be appropriate for individuals who become easily overstimulated or are sensitive to loud sounds. Please wear bug spray.

<table>
<thead>
<tr>
<th>Code#:</th>
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<tr>
<td>Contact:</td>
<td>Sarah Groeper</td>
<td>Time:</td>
<td>6:00 - 9:30 p.m.</td>
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<td>Location:</td>
<td>Boomers Stadium Schaumburg</td>
<td>Date:</td>
<td>Saturday, July 21</td>
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<td>Group:</td>
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Chicago Cubs
Take me out to the ballgame! Take me out to Wrigley Field! There is no better way to spend a summer day than cheering on your favorite team at a baseball game! See who has the fastest pitch as the Cubs take on the Washington Nationals. Whether you are a diehard Cubs fan and and bleed Cubby blue or just want to enjoy an afternoon at Wrigley Field, this event is for you! Root, root, root for the Cubbies! Note: Admission to the game is included in the program fee. Advise M-NASR in advance of any dietary restrictions. Bring a sack lunch or money for lunch and souvenirs. This event may not be appropriate for individuals who become easily overstimulated or are sensitive to loud sounds. If you are over the age of 21 and plan to consume adult beverages, “yes” must be checked on the back of your current Participant Information Form, and you must bring a photo ID and money to purchase them. Please wear sunscreen.

<table>
<thead>
<tr>
<th>Code#:</th>
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<td>Location:</td>
<td>Wrigley Field Chicago</td>
<td>Date:</td>
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<tr>
<td>Non-Resident:</td>
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Saturday Night Fever
Who says you can’t go H.O.M.E.? To the House of Music and Entertainment in Arlington Heights, that is! Enjoy drinks and appetizers and then make your way back to the dance floor. Come ready to be up on your feet with your friends at this premium sports and live music bar. Note: Eat prior to the program. Appetizers and soft drinks will be provided so advise M-NASR in advance of any dietary restrictions. M-NASR reserves the right to determine if this program is appropriate for an individual. This program may not be appropriate for individuals who become easily overstimulated or are sensitive to loud sounds. Everyone must bring a photo ID. If you are over the age of 21 and plan to consume adult beverages, “yes” must be checked on the back of your current Participant Information Form, and you must bring money to purchase them.

<table>
<thead>
<tr>
<th>Code#:</th>
<th>3-320-04</th>
<th>Min/Max:</th>
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<tr>
<td>Contact:</td>
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<td>Time:</td>
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<td>Location:</td>
<td>House of Music &amp; Entertainment, Arlington Heights</td>
<td>Date:</td>
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<tr>
<td>Non-Resident:</td>
<td>$84.00</td>
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</table>
The Perfect Picnic
The beautiful days of summer are here, so grab your friends and join us for The Perfect Picnic! With fun activities like bags, bocce, strolling along the paved park trail, and a delicious picnic dinner, it is sure to be an evening to remember. Don’t miss this spectacular Sunday activity! Note: A light meal will be provided so advise M-NASR in advance of any dietary restrictions. Please wear sunscreen and bug spray and dress appropriately for the weather. This program may not be appropriate for individuals who have outdoor allergies. Centrally-located pick-up points will be used.

Chicagoh White Sox
Baseball season is back, and it is time to go out and spend the day at the ballpark! Cheer on the Chicago White Sox as they play against the Kansas City Royals. Grab your baseball cap and White Sox jersey and head out to Guaranteed Rate Field with your M-NASR friends. Note: Eat prior to the program or bring money for lunch and souvenirs. Advise M-NASR in advance of any dietary restrictions. This program may not be appropriate for individuals who become easily overstimulated, are sensitive to loud sounds, may display disruptive behaviors, or have a fear of heights. If you are over the age of 21 and plan to consume adult beverages, “yes” must be checked on the back of your current Participant Information Form, and you must bring a photo ID and money to purchase them. M-NASR reserves the right to determine if this program is appropriate for an individual. Please wear sunscreen and bug spray and dress appropriately for the weather. Centrally-located pick-up points will be used.

The Tempel Lipizzan Horses
Take a walk in the hoof-steps of the Lipizzan stallions. We’ll take a unique tour through the indoor arena and stallion stables where visitors get access to the routines of the athletes who train with the horses year-round. Interact with the beautiful stallions and learn about the history of Lipizzan and riding practices. Explore the harmony of partnership between horse and rider as you observe a daily training session. Once we have hit the stables, we’ll enjoy a delicious meal at Wendy’s on the way home. Note: Lunch is included in the cost of the program; advise M-NASR in advance of any dietary restrictions. M-NASR reserves the right to determine if this program is appropriate for an individual. Appropriate behavior must be demonstrated so as not to detract from others’ experience. This program may not be appropriate for individuals who have allergies or are afraid of animals. Please wear sunscreen and bug spray.
Family Registration Form - Summer 2018
Maine-Niles Association of Special Recreation, 6820 W. Dempster Street, Morton Grove, IL 60053-2631
Phone: (847) 966-5522  Relay System: (800) 526-0844  Fax: (847) 966-8340

Are you a new participant?  Yes _________  No _________

Which township do you reside in?  Maine _________  Niles _________  Other _________

Will the participant be taking any medications during program time?  Yes _________  No _________

Family Name (Last Name): ____________________________  e-mail address: ____________________________

Address: ____________________________________________  City: ____________________________  Zip: __________

Home Phone: ( _______ )  Business Day Phone: ( _______ )

Emergency Contact: ____________________________  Relationship: ____________________________  Phone: ( _______ )

Participant’s shirt size:  □ Youth S  □ Youth M  □ Adult S  □ Adult M  □ Adult XL  □ Adult 2X  □ Adult 3X

<table>
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<tr>
<th>Participant Name</th>
<th>Birthdate (Required)</th>
<th>Prog. Code #</th>
<th>Program Name</th>
<th>Trans. Yes</th>
<th>No</th>
<th>Fee</th>
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15% payment is required to hold a place in programs. Registration will not be processed without this payment.  Total: ____________________________

Financial Aid Requested: Yes _________  No _________

Required Documents on File: Yes _________  No _________

Please Circle One

Account #: ____________________________
Card Security Code: ____________________________
Exp. Date: ____________________________  $ Amount: ____________________________
Signature: ____________________________

Important Information
Maine-Niles Association of Special Recreation (hereinafter collectively referred to as “M-NASR”) is committed to conducting its recreation programs in a safe manner and hold the safety of participants in high regard. M-NASR continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants’ safety. However, participants and parents/guardians of minors registering for programs must recognize that there is an inherent risk of injury when choosing to participate in recreational programs.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or skilled enough for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

Warning of Risk
Recreational programs are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational program. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreational programs exist. In this regard, it must be recognized that it is impossible for M-NASR to guarantee absolute safety.

Waiver and Release of All Claims and Assumption of Risk
Please read this form carefully and be aware that in signing up and participating in M-NASR programs you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with said programs (including transportation services/vehicle operation, when provided).

As a participant in the M-NASR program, I recognize and acknowledge that there are certain risks of physical injury to participants in these programs and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims that I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs/activities against M-NASR, including its officials, agents, volunteers and employees.

I hereby fully release and forever discharge M-NASR from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with these programs.

I hereby authorize and give my consent to M-NASR to photograph/video my child (or me) or to obtain outside photographs/video of my child (or me) participating in M-NASR activities/events/programs, and without limitation, to use such photographs/video in connection with promoting/advertising the services, programs, and facilities of M-NASR, without consideration of any kind.
In the event of an emergency, I understand and authorize M-NASR officials to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for my immediate care and agree that I will be responsible for payment of any and all medical services rendered.

I have read and understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering via fax, your facsimile signature shall substitute for and have the same legal effect as an original form signature.

X (Participant’s signature if own guardian or parent/guardian signature)
X Is participant their own guardian?

Date: ____________________________  □ Yes  □ No
M-NASR ANNUAL PARTICIPANT INFORMATION FORM

This form is to be filled out annually or if you are a new participant. Contact M-NASR at 847-966-5522 if any information changes throughout the year.

Participant Name:__________________________ Is participant a Veteran? Yes____ No____

Date of Birth: ___/___/___ Age: ____ Gender: ____ Height: ____ Weight: ___ lbs. T-shirt size: ___ Shoe Size: ___

Participant Home Address: ___________________ City/Zip: ___________________

Phones: Home: ___________________________ Work: ____________________ Cell: ________________

Participant Email: ____________________________ Agency Name (if applicable): __________________________

Father/Guardian: ___________________________ Email: __________________________

Address, if different from above: __________________________

Phones: Home: ___________________________ Work: ____________________ Cell: ________________

Mother/Guardian: __________________________ Email: __________________________

Address, if different from above: __________________________

Phones: Home: ___________________________ Work: ____________________ Cell: ________________

Emergency Contact Name: ___________________ Relationship: __________________________

Phones: Home: ___________________________ Work: ____________________ Cell: ________________

Doctor’s Name: ___________________________ Phone: __________________________

Medical Insurance Company: _____________________ Policy #: __________________________

Group Home Contact Name/Title: _____________________ Phone: __________________________

School or Workshop: ______________________ Contact Name: __________________________

Contact Information: Work: ________________ Cell: ________________ Email: __________________

DISABILITIES (Please circle all that apply and provide details if applicable.)

ADD/ADHD Learning Disability
Alzheimer’s/Dementia Multiple Sclerosis
Autism Spectrum Disorder Oppositional Defiant Disorder
Behavior Disorder Physical Disability
Cerebral Palsy Seizure Disorder/Epilepsy
Down Syndrome Sensory Processing Disorder
Emotional Disorder Stroke
Hard of Hearing /Deaf Traumatic Brain Injury
Intellectual Disability Visual Impairment/Blind
Other: __________________________

HEALTH CONDITIONS

Diabetes
Heart Condition
Respiratory Condition
Other: __________________________

MENTAL ILLNESS

Anxiety
Bipolar Disorder
Depression
PTSD
Schizophrenia

Comments/details about the above circled item(s): __________________________

MEDICAL INFORMATION

Does participant receive any medications?: Yes____ No____ If yes, please attach a list with Name of medication, Dosage/milligrams, How many times a day. Please include any other information that would be helpful in case of an emergency. __________________________

List any allergies: __________________________

List any accidents, injuries or surgeries that may affect participation: __________________________

List any doctor’s restriction(s): __________________________

If participant is subject to seizures, list type of seizure, symptoms, frequency, duration. Specify seizure plan on a separate sheet of paper and attach to this form. __________________________

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Participant’s Name: ____________________________

COMMUNICATION AND BEHAVIOR

Is participant right-handed or left-handed (circle one)

Does participant require assistance with the following? ("x" means yes) If necessary, please attach explanation.
Communication ______ People ______ Time _______ Protect self _______ Recognize danger _______ Anticipate safety needs _______

Does participant display unusual fears of, or concerns for any of the following? ("x" means yes)
People _______ Spaces/Places _______ Animals/Insects _______ Height _______ Water _______ Other _______

Is the participant his/her own guardian? ______ Yes ______ No
Will the participant stay with the group? ______ Yes ______ No
Will the participant wander or run from the group? ______ Yes ______ No
Can the participant say his/her name? ______ Yes ______ No
Can participant say his/her phone number? ______ Yes ______ No
Can participant manage money for small purchases? ______ Yes ______ No
Can participant be held responsible for his/her belongings? ______ Yes ______ No

Please check appropriate answer below. If “Yes,” please provide any additional information that would be helpful.

Does participant: COMMENTS
Comply/Respond to verbal/nonverbal requests/directions ______ Yes ______ No
Respond to specific verbal/nonverbal directions ______ Yes ______ No
Respond to other reinforcement devices (ex: food, etc.) ______ Yes ______ No
Respond to behavior techniques (attach copy of plan) ______ Yes ______ No
Require assistance with transfer ______ Yes ______ No

Does participant use any of the following? (check all that apply)

____ Manual Wheelchair ______ Electric Wheelchair ______ Stroller ______ Amigo
____ Walker _______ Crutches _______ Cane _________ Vehicle Harness
____ Hearing Aids ______ Glasses ______ Contacts ______ Orthotics
____ Dentures _______ Prosthetics (list type) ______ Service Animal (list type)

PERSONAL AND COMMUNITY SKILLS

Does participant (over age 21) have permission to consume alcoholic beverages? ______ Yes ______ No

Please check appropriate answer below. If “Yes,” please provide any additional information that would be helpful.

Does participant: COMMENTS
Require one-on-one assistance ______ Yes ______ No
Require an interpreter (ASL) ______ Yes ______ No
Tested for Atlanto Axial ______ Yes ______ No
Atlanto Axial Instability diagnosed ______ Yes ______ No

Does participant have special needs with any of the following? COMMENTS
Eating/Drinking ______ Yes ______ No
Special dietary needs ______ Yes ______ No
Toileting ______ Yes ______ No
Dressing/Undressing ______ Yes ______ No

Does participant require assistance with swimming in the following skills?
Pool entry ______ Floating _______ Other _______

Does participant require any adapted recreation equipment? _____ Yes _____ No (If “Yes,” please provide what type.)

The above information is current, up-to-date and complete to the best of my knowledge. ____________________________

X ____________________________
(Participant’s signature if Own Guardian or parent/guardian) Relationship to Participant Date

Following for office use only:

Date Entered ______ / ______ / ______
By _______
Form Expires ______ / 30 / 2019
How to Register
1. Be sure that you are using the correct family registration form.
2. Fill out the top portion of the registration form with your name, address and phone number.
3. Fill out the middle portion with the participant name, birthdate, program number, name, etc., of the program(s) in which you would like to participate. If the program has a pick-up point, don’t forget to fill in that information in the space provided.
4. Determine the cost of the program(s) you selected and attach a check or money order payable to M-NASR. If you are paying by Visa, MasterCard or Discover, please fill in the box with your account information.
5. Please read the “Important Information” waiver and sign at the lower right hand corner of the registration form. Registration will not be processed if the waiver is not signed by the participant, 18 years or older, or the parent or legal guardian.
6. You may drop-off your registration form during office hours (Monday through Friday, 9:00 a.m. to 5:00 p.m.), fax or mail to:
M-NASR Registration
6820 W. Dempster Street
Morton Grove, IL 60053-2631
Remember: A current Participant Information form must be on file at M-NASR. Please see pages 33-34. (P.I. forms are valid for one year.)
* Please see “Fax Your Registration” below, and if you have any questions please call M-NASR.
Voice: (847) 966-5522
Relay System: (800) 526-0844
FAX: (847) 966-8340

Registration Process
M-NASR registration begins upon delivery of the brochure. All registrations will be processed according to the date received at our office. M-NASR cannot be responsible for the timeliness of the brochure delivery to your home. Please allow a full week for delivery. Brochures are also available at M-NASR as well as our member Park District offices.

In-district participant registrations (anyone residing within the boundaries of our seven member districts: Des Plaines Park District, Golf Maine Park District, Village of Lincolnwood Parks and Recreation, Morton Grove Park District, Niles Park District, Park Ridge Park District and Skokie Park District) receive priority in processing. Out of district registrations will be processed after the regular registration deadline and after in district registrations. Any balance due from a previous season must be paid in full before a registration is accepted for the current season unless you have made previous arrangements with the Business Manager.

Fax Your Registration
Registration will be accepted by mail or fax. Fax to (847) 966-8340. When registering by Fax, it is mutually understood that the Fax registration document shall substitute for and have the same legal effect as the original form. Payment is required when faxing the registration form. Please provide credit card information in order for your registration to be processed.

Refund Policy
• Program refunds are issued on a monthly basis.
• Refunds for credit card transactions will only be issued in the form of a credit back to the original credit card.
• Refunds will only be issued to the entity that originally paid for the program.

Please read the following information to see if a refund is due...
1. If the Association cancels a program, a refund will be issued or the program will be rescheduled unless it is weather-related. M-NASR weekly programs and special events may be cancelled due to inclement weather. When a program is cancelled, each participant will be notified by phone. Weekly programs cancelled due to inclement weather are not rescheduled. Refunds will be issued for weather cancellations of two or more times per season. Special events and social clubs that are cancelled due to inclement weather will be rescheduled or refunded.
2. If a participant cancels out of a weekly program with two full business days’ notice prior to the start of the program, a refund will be issued (less $5.00 cancellation fee).
3. Satisfaction Guaranteed Program
Participants will receive a full refund if there is dissatisfaction for any reason, with the program, after the first class session, but before the second class session.
4. After a program or activity has started, a pro-rated refund will be issued for medical or unavoidable circumstances such as transfer of job, moving, death in the family, etc. Proof may be required in writing.
5. For one-day classes, workshops and special events, if a participant cancels out of a program with two full business days’ notice prior to the start of the program, a refund will be issued, less $5.00 cancellation fee and any overhead cost items which the Association cannot retrieve. If the reason is for medical or an unavoidable circumstance, proof may be required in writing prior to a refund being given.

Important Registration Information
Please recognize that M-NASR does not carry medical accident insurance for injuries sustained in its programs or at its facilities. The cost of such could make program fees prohibitive and could result in the reduction or elimination of certain programs and facilities. Therefore, each person registering themselves or a family member should review their own health insurance policy for coverage.

Participants and parents of participants must recognize that there is an inherent risk of injury when choosing to participate in recreation activities. M-NASR continually strives to reduce such risks and hold the safety of participants in the highest regard. Certain programs offered by M-NASR will require a high risk waiver to be filled out and signed by participants or legal guardian prior to the start of a program. Programs requiring this waiver include but are not limited to: gymnastics, overnight trips, sledding, skiing, ice skating, canoeing, martial arts and paddling. Program staff will provide all registrants with a waiver after registration.

Due to the difficulty and high cost of obtaining liability coverage and to continue our commitment to provide recreational services, M-NASR requires the execution of the Waiver and Release found in the registration form. Your cooperation is greatly appreciated.

M-NASR employs experienced professionals who understand the level of skill, both physical and mental, needed to participate fully and safely in the programs they plan. Therefore, M-NASR reserves the right to determine if a program is suitable for an individual. Staff may serve as a resource to suggest alternate programming.

Extreme Temperature Policy
Hot temperatures (for outdoor programs) at program time: 94° actual temperature; heat index of 98° or more constitutes cancelling program due to unsafe conditions. Extra consideration will be made for outdoor programs that require physical activity.
Cold temperatures (for all programs) at program time: 2° actual temperature; -30° or below wind chill constitutes cancelling program due to unsafe conditions.
Door-to-Door Transportation Procedures
M-NASR has developed nine easy steps that must be followed in order to assure safety while riding in our vehicles:
1. The driver is instructed not to proceed until all passengers are sitting in seats or wheelchairs with seatbelts securely fastened.
2. All participants using a wheelchair must have a seatbelt on their wheelchair.
3. All wheelchairs must have brakes that are in good working order and can stop the chair from moving.
4. The M-NASR driver will assist participants to and from their homes, but driveways and walks must be clear.
5. M-NASR drivers are responsible for determining whether or not a participant can be transported safely. If it is determined that it would be dangerous to transport an individual, the driver may refuse to transport that person.
6. Please be prompt.
7. M-NASR drivers are not responsible for lifting or carrying participants and their wheelchairs.
8. Transportation services cannot be guaranteed for those who sign up after the registration deadline.
9. Please remember, riding time in M-NASR vehicles may be up to one hour and thirty minutes. Routes begin farthest from the location of the program. The driver may reverse the route on return.

Wellness Policy
In consideration of other participants and the M-NASR staff, to prevent the spread of contagious illnesses, it is requested that participants refrain from attending programs when any of the following conditions exist: fever of 100 degrees or higher (when this occurs, participants must stay home for one whole program day—24 hours from time sent home), vomiting within the last 24 hours, persistent diarrhea in conjunction with other symptoms, contagious rash or rash of unknown origin, persistent cough and/or cold symptoms, “Pink eye” (conjunctivitis) or discharge from eye, symptoms of mumps, measles, chicken pox, strep throat, flu, impetigo or coxsackie virus, runny nose with yellow or green discharge, lice/mites present or fatigue due to illness that will hinder participation and enjoyment in the program.

Errors and Adjustments
While we try to be accurate in presenting information in our brochure, some unavoidable errors or changes to the programs, fees, schedules and other information may occur. M-NASR apologizes for any inconvenience.

Dietary Restrictions
For activities where food is consumed, please advise M-NASR of any dietary restrictions prior to programs.

M-NASR Volunteers
We welcome volunteers to be a part of our programs. Become a part of this diverse community and enjoy the personal satisfaction of improving the quality of life for people with disabilities. For more information about volunteering at M-NASR, please contact Kat Hamilton at (847) 966-5522 ext. 3026. For the safety of our participants, all volunteers age 18 and over are required to complete a volunteer service application and a successful criminal background check prior to attending any program.

Code of Conduct Policy

Equal Access
No eligible participant shall, on the basis of race, creed, national origin or disability, be denied equal access to programs, activities, services or benefits or be limited in the exercise of any right, privilege, advantage or opportunity. If any special accommodations are necessary for participation in any program or to receive any service provided by M-NASR, please notify the staff upon registration.

Behavior
All participants are expected to exhibit appropriate behavior at all times while participating, spectating or attending any program or activity sponsored by M-NASR. This includes participation in programs which may or may not require an admission fee. For the purpose of the Code of Conduct, the term “program” refers to all recreational events you may attend as a participant, spectator or visitor which are sponsored by M-NASR.

Participants shall:
1. Show respect to all participants and program staff and/or supervisors.
2. Take direction from program staff/supervisors.
3. Refrain from using abusive or foul language.
4. Refrain from causing bodily harm to self, other participants or program staff/supervisors.
5. Show respect to equipment, supplies and facilities.

Discipline Policy
A positive approach is used when disciplining. Program staff may discuss the Code of Conduct with all program participants prior to the start of the program and will periodically review the Code of Conduct. If inappropriate behavior occurs, staff will develop a solution specific to each situation as it arises. M-NASR reserves the right to dismiss a participant whose behavior endangers them or others.

Participant Expectations
1. Clean, dry clothing.
2. No bowel/bladder problems upon arrival at the transportation location or program. If this is a concern, extra clean clothing, clean-up supplies and Depends™ garments or similar items must be sent with the participant.
3. Attention to body odor (should smell clean).
4. Clean hair, face, teeth, hands, nails, etc. (overall appearance should be clean).
5. Appropriate attire for program participation (i.e. tennis shoes, warm ups or loose/comfortable fitting clothing for athletic/sports/exercise programs). If you have questions about the type of attire participants should wear for a particular program, please contact our office.
6. M-NASR staff will also be consistent in stressing personal hygiene while participants are in our programs and will not return participant(s) in an unclean manner at the end of a program.

Family Attendance at Special Events
Family members may attend special events if space is available. M-NASR staff will inform you if guests cannot be accommodated 3 days after regular registration closes. In-district individuals who have disabilities must be accommodated before a spouse or a child can be included.

Financial Aid
Participants in need of financial aid for M-NASR programs may request an application by contacting the M-NASR office at (847) 966-5522. Requests must be received by the program registration deadline. The Executive Director will review your application and you will be advised based on available funds. Financial aid is not available for special events, trips or for participants residing out of M-NASR’s service district.

Free Recreational In-Take
M-NASR staff are available to conduct half-hour private meetings to discuss recreation and leisure opportunities for individuals with special needs. Those interested should contact Lauren Ruiz at (847) 966-5522 ext. 3013.
Transportation Policy
M-NASR can provide transportation for many of the programs it offers. Transportation for programs will utilize pick-up and drop-off points unless otherwise indicated (door-to-door transportation is available to select programs). When pick-up and drop-off points are used, convenient points will be determined after registrations are received. The pick-up and drop-off points will be public areas (whenever possible they will be member agency facilities) that are conveniently accessible to all in that area. It is each participant’s responsibility to get to and from designated pick-up and drop-off locations. Each pick-up and drop-off point must have a minimum of three participants at that point for it to be utilized.

As a courtesy to families and all participants enrolled in a program, M-NASR is asking all participants to be punctual in respect to scheduled pick-up and drop-off times. For pick-up and drop-offs, M-NASR vehicles will remain at the points for five minutes after the scheduled time. After that time, the vehicle will proceed to the next point or its final destination. Participants remaining at a drop-off point for an extended period of time after the scheduled time will be brought to the M-NASR office for pick-up at the completion of the drop-off route.

Pick-up and Drop-off Points
Pick-up and drop-off points will be used unless otherwise noted. Please remember to mark “transportation” on the registration form. Times refer to actual program times and do not include transportation.

Parent/Guardian Pick-Up/Drop-Off Policy
To eliminate additional staff costs, please pick up participants at the designated time. A late fee will be assessed if pick-up is not on time. A fee of $10.00 for the first 15 minutes and $1.00 each minute thereafter will be charged.

Fitness Program Waiver
All fitness-themed programs offered by M-NASR will require a Fitness Program Waiver to be completed on each participant registered. The waiver will be effective for two (2) years, unless there is a change to an individual’s ability to participate, at which time a new waiver would be required. The Fitness Program Waiver must be completed by the participant as well as the participant’s physician. A completed and current Special Olympics Medical Application is a suitable substitution for the Fitness Program Waiver. Any program with this symbol will require the Fitness Program Waiver.

Inclusion Policy
M-NASR and our Member Districts believe that all individuals should be provided with leisure opportunities that allow for performance at their highest level of ability. Although many people achieve this through participation in a M-NASR program, sometimes the best option for some individuals’ recreational experience is to participate through their Member District’s recreation programming with some additional assistance. That is where M-NASR’s Inclusion Services come in! Inclusion Services are free when registering through a Member District’s program.

Principles of Inclusion
1. The interests and needs of an individual participant will be addressed.
2. The concerns of the family will be taken into account.
3. The member agency staff will be given support by M-NASR.
4. Options and choices will be made available to individuals with disabilities.

When Registering for a program:
1. Mark the ADA section on the registration form. Once the registration is submitted, a Member District representative will contact you to discuss services needed.
2. The Member District will assess if the requested accommodation can be facilitated on their own. If the need for M-NASR services is necessary, the Member District will submit an Inclusion request to M-NASR.
3. M-NASR begins the process of implementing the requested accommodation.
4. Communication between M-NASR, Member District staff, and family continues throughout the Inclusion Process.

If you have any questions regarding the Inclusion Process, please contact Katie Weadley, Inclusion Manager at (847) 966-5522 ext. 3018.

Leisure Certificates
Have you run out of clever gift ideas for that special family member or friend? Give the gift of M-NASR’s “Certificate of Leisure.” This gift certificate can be purchased at the M-NASR office for any M-NASR program or special event.

Agency Newsletter
The M-NASR Marquee, our Agency Newsletter, is published each fall and is used primarily to inform Park District Commissioners, State Legislators, and donors about our seasonal programming developments and fundraising information. If you would be interested in receiving the newsletter, please contact the M-NASR office at (847) 966-5522.

AmazonSmile
AmazonSmile is a simple, automatic way for you to support M-NASR every time you shop online, at no cost to you. AmazonSmile is operated by Amazon and lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. The difference is that when customers shop on AmazonSmile, the Smile Foundation will donate 0.5% of the price of eligible purchases to the charitable organizations selected by customers. It’s as easy as that!

To sign up, simply go to Smile.Amazon.com. On your first visit to AmazonSmile, you will be prompted to select a charitable organization to receive donations before you begin shopping. Select M-NASR and let the shopping begin!
TO: Physician  
FROM: Maine-Niles Association of Special Recreation (M-NASR)  
RE: Physician Recommendation for Participation

Your patient (name below) desires to register to participate in a M-NASR fitness program. These programs involve physical exercise through the use of aerobics, treadmill, weights and/or resistance equipment. A typical fitness program meets one (1) or two (2) times per week for up to one (1) hour. M-NASR provides a close staff-to-participant ratio and the exercises are chosen based upon the participant’s ability level.

In order for your patient to participate in this type of program, we are requesting a medical clearance. Please complete the following information and return it to the M-NASR office no later than one (1) week prior to the start of the Program Session.

Part 1: For M-NASR Participant to complete.
Print Name: ________________________________
I give permission for Dr. ______________________ to complete this Physician Medical Clearance form.
Date: ____________________  Participant signature: _______________________

Part 2: For Physician to complete.
Please check:

_____ I give this patient medical clearance for participation in an Aerobics, Resistance or Weight Training Program (please circle the ones that apply) with no restrictions.

_____ I give this patient medical clearance for participation in an Aerobics, Resistance or Weight Training Program (please circle the ones that apply) with the following restrictions: _______________________

_____ I do not recommend my patient’s participation in Aerobics, Resistance or Weight Training Program (please circle the ones that apply).

Date: ____________________  Physician’s signature: _______________________

Physician’s address and phone number: _______________________________________

Please return this form to: Maine-Niles Association of Special Recreation  
Attention: Registrar  
6820 West Dempster Street  
Morton Grove, IL 60053-2631  
Fax: (847) 966-8340*

* A facsimile (FAX) signature shall substitute for and have the same effect as an original signature.

This form will be valid for two (2) years from the date of the Physician’s signature.

As a result of this waiver being renewed every two (2) years, M-NASR requests that any change to a participant’s ability to safely participate in fitness programming be communicated to M-NASR as soon as possible. A participant may be asked to have a new waiver completed by a physician in such cases.

Updated 03/25/13
### Austin Park
8336 Marmora Avenue  
Morton Grove 60053  
(847) 966-0931

### Brunswick Zone Niles
7333 Milwaukee Avenue  
Niles 60714  
(847) 647-9433

### Centennial Aquatic Ctr.
100 S. Western Avenue  
Park Ridge 60068  
(847) 692-5044

### Centennial Fitness Ctr.
1515 Touhy Avenue  
Park Ridge 60068  
(847) 692-5129

### Chippewa School
123 N. 8th Avenue  
Des Plaines 60016  
(847) 824-1388

### Chippewa Pool
197 N. 8th Avenue  
Des Plaines 60016  
(847) 391-5700

### Classic Bowl
8530 Waukegan Road  
Morton Grove 60053  
(847) 965-5300

### Dee Park
9273 W. Emerson Street  
Des Plaines 60016

### Des Plaines Leisure Ctr. & Administration Ctr.
2222 Birch Street  
Des Plaines 60018  
(847) 391-5700

### Devonshire Cultural Ctr.
4400 Greenwood  
Skokie 60076  
(847) 674-1500 ex. 2400

### Emily Oaks Nature Ctr.
4650 Brummel Street  
Skokie 60076  
(847) 677-7001

### Feldman Park/Golf-Maine Park District
8800 Kathy Lane  
Niles 60714  
(847) 297-3000

### Golf Ctr. of Des Plaines
353 N. River Road  
Des Plaines 60018  
(847) 803-4653

### Harrer Park & Pool
6250 Dempster Street  
Morton Grove 60053  
(847) 965-7447

### Hinkley Park
283 Busse Highway  
Park Ridge 60068  
(847) 692-5127

### Holy Family Hospital
100 N. River Road  
Des Plaines 60016  
(847) 297-1800

### Iroquois Pool
1836 E. Touhy Avenue  
Des Plaines 60018  
(847) 391-5724

### Julia S. Molloy Education Center
8701 N. Menard Avenue  
Morton Grove 60053  
(847) 966-8600

### Lincoln Middle School
200 S. Lincoln Avenue  
Park Ridge 60068  
(847) 318-4215

### Lincolnwood Comm. Ctr.
6900 N. Lincoln Avenue  
Linwood 60712  
(847) 677-9740

### Village of Lincolnwood Parks & Recreation
6900 N. Lincoln Avenue  
Linwood 60712  
(847) 677-9740

### Lorel Park
8135 Lorel Avenue  
Skokie 60077

### Madison School
5100 Madison Street  
Skokie 60077  
(847) 675-3048

### Maine East High School
2601 Dempster Street  
Park Ridge 60068  
(847) 825-4484

### Maine South High School
1111 S. Dee Road  
Park Ridge 60068  
(847) 825-7711

### Maine Township Office
1131 S. Dee Road  
Park Ridge 60068  
(847) 297-2510

### M-NASR Office
6820 W. Dempster Street  
Morton Grove 60053  
(847) 966-5522

### Mansfield Park
5830 Church Street  
Morton Grove 60053  
(847) 696-1380

### Morton Grove Park District
6834 W. Dempster Street  
Morton Grove 60053  
(847) 965-1200

### Niles Park District
Howard Leisure Ctr.
6676 Howard Street  
Niles 60714  
(847) 967-6633

### Niles North High School
9800 Lawler  
Skokie 60077  
(847) 626-2000

### National Park
9325 S. Marion Avenue  
Morton Grove 60053  
(847) 965-9245

### Niles West High School
5701 Oakton Street  
Skokie 60077  
(847) 626-2500

### Oakton Community Ctr.
4701 Oakton Street  
Skokie 60076  
(847) 933-4960

### Oketo Park
8950 Oketo  
Morton Grove 60053  
(847) 966-1073

### Park Ridge Comm. Ctr.
1515 Touhy Avenue  
Park Ridge 60068  
(847) 692-5129

### Park Ridge Park District
733 N. Prospect Avenue  
Park Ridge 60068  
(847) 232-8737

### Prairielakes Comm. Ctr.
515 E. Thacker Street  
Des Plaines 60018  
(847) 391-5711

### Prairie View Comm. Ctr.
6834 W. Dempster Street  
Morton Grove 60053  
(847) 965-1200

### River Rand Bowl
191 N. River Road  
Des Plaines 60018  
(847) 299-1001

### Skokie Exploratorium
4701 Oakton Street  
Skokie 60076  
(847) 674-1500, Ext. 2700

### Skokie Park District
Webber Ctr. & Skatium  
9300 Weber Park Place  
Skokie 60077  
(847) 674-1500

### Skokie Public Library
5215 Oakton Street  
Skokie 60077  
(847) 673-7774

### Skokie Sports Park
3459 Oakton Street  
Skokie 60076  
(847) 674-1500

### Skokie Water Playground
4701 Oakton Street  
Skokie 60076  
(847) 674-1500
Look for M-NASR’s Winter brochure in November!

**Dates to Remember**

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Look for M-NASR’s Fall brochure in mid-July!